

B-Tec Sport Key Stage 4 Curriculum



Year 10

**Component 1:
Preparing
Participants to
take part in
Sport and PA**

LOA: Explore types and provision of sport and physical activity for different types of participant

LOB: Examine equipment and technology required for participants to use when taking part in sport and physical activity

LOC: Be able to prepare participants to take part in sport and physical activity

**Component 2:
Taking Part and
Improving Other
Participants
Sporting
Performance**

LOA: Understand how different components of fitness are used in different physical activities

Year 11

**Component 3:
Developing Fitness to
Improve Other
Participants
Performance in Sport
and Physical Activity**

LOC: Demonstrate ways to improve participants sporting techniques.

LOB; Be able to participate in sport and understand the roles and responsibilities of officials

LOA Explore the importance of fitness for sports performance

LOB: Investigate fitness testing to determine fitness levels

LOC: Investigate different fitness training methods

D Investigate fitness programming to improve fitness and sports performance

Complete