

BTEC TECH AWARD IN SPORT Year 11**Learning Intentions Summer Term 1****2024-2025**

	LESSON 1	LESSON 2	LESSON 3
WEEK 28 wc 21 st April	<ul style="list-style-type: none">To recall the 4 components of the FITT (Basic) principles of training and apply to sporting examples.To know and understand the remaining additional principles of training.To be able to identify the principles of training through key definitions.To apply knowledge of both basic and additional principles of training to a variety of sporting examples.	<ul style="list-style-type: none">To know the SPOR principle of training and the FITT principle of training to optimise performance levels in athletes.To describe and understand the SPOR principle and describe how the FITT principle can be used to optimise training.To apply and analyse SPOR and FITT to a training programme and its links to optimising training programmes.	<ul style="list-style-type: none">To recap the various basic and additional principles of training.To be able to link and apply the basic and additional principles of training to sports performers.To be able to complete several exam questions including an 8 mark exam question on the physical components of fitness.
WEEK 29 wc 28 th April	<ul style="list-style-type: none">To know what goal setting is.To know and understand SMARTER Targets	<ul style="list-style-type: none">To recall all the different methods of training and understand the component of fitness it improves.To be able to define the different methods of training and what they consist of.To be able to identify the advantages and disadvantages of the different methods of training.	<ul style="list-style-type: none">Targeted revision (these areas relate to individual cohort of students and the areas of weakness for those students) – to recap all the key concepts covered in BTEC Sport.To be able to identify exam techniques and be able to understand and answer 4 and 6 mark questions.To be able to recall and describe the knowledge learnt over the Unit 3 content.To demonstrate understanding of concepts through the application, analysis and evaluation of content in relation to sporting examples.
WEEK 30 wc 5 th May (potential Exam week)	<ul style="list-style-type: none">Targeted revision (these areas relate to individual cohort of students and the areas of weakness for those students) – to recap all the key concepts covered in BTEC Sport.	<ul style="list-style-type: none">Targeted revision (these areas relate to individual cohort of students and the areas of weakness for those students) – to recap all the key concepts covered in BTEC Sport.	<ul style="list-style-type: none">Targeted revision (these areas relate to individual cohort of students and the areas of weakness for those students) – to recap all the key concepts covered in BTEC Sport.To be able to identify exam techniques and be able to understand and answer 4 and 6 mark questions.

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WEEK 31 wc 12 th May	<ul style="list-style-type: none"> • Targeted revision (these areas relate to individual cohort of students and the areas of weakness for those students) – to recap all the key concepts covered in BTEC Sport. • To be able to identify exam techniques and be able to understand and answer 4 and 6 mark questions. • To be able to recall and describe the knowledge learnt over the Unit 3 content. • To demonstrate understanding of concepts through the application, analysis and evaluation of content in relation to sporting examples. 	<ul style="list-style-type: none"> • Targeted revision (these areas relate to individual cohort of students and the areas of weakness for those students) – to recap all the key concepts covered in BTEC Sport. • To be able to identify exam techniques and be able to understand and answer 4 and 6 mark questions. • To be able to recall and describe the knowledge learnt over the Unit 3 content. • To demonstrate understanding of concepts through the application, analysis and evaluation of content in relation to sporting examples. 	<ul style="list-style-type: none"> • Targeted revision (these areas relate to individual cohort of students and the areas of weakness for those students) – to recap all the key concepts covered in BTEC Sport. • To be able to identify exam techniques and be able to understand and answer 4 and 6 mark questions. • To be able to recall and describe the knowledge learnt over the Unit 3 content. • To demonstrate understanding of concepts through the application, analysis and evaluation of content in relation to sporting examples.
WEEK 32 wc 19 th May	<ul style="list-style-type: none"> • Targeted revision (these areas relate to individual cohort of students and the areas of weakness for those students) – to recap all the key concepts covered in BTEC Sport. • To be able to identify exam techniques and be able to understand and answer 4 and 6 mark questions. • To be able to recall and describe the knowledge learnt over the Unit 3 content. 	<ul style="list-style-type: none"> • Targeted revision (these areas relate to individual cohort of students and the areas of weakness for those students) – to recap all the key concepts covered in BTEC Sport. • To be able to identify exam techniques and be able to understand and answer 4 and 6 mark questions. • To be able to recall and describe the knowledge learnt over the Unit 3 content. 	<ul style="list-style-type: none"> • Targeted revision (these areas relate to individual cohort of students and the areas of weakness for those students) – to recap all the key concepts covered in BTEC Sport. • To be able to identify exam techniques and be able to understand and answer 4 and 6 mark questions. • To be able to recall and describe the knowledge learnt over the Unit 3 content. • To demonstrate understanding of concepts through the application, analysis and

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