

George Stephenson High School Secondary Scheme of Work: Key Stage 4 BTEC Sport Level 1/2

Unit	Key Progression Indicators Knowledge, Understanding and Skills
Unit 1 – Fitness for Sport & Exercise	<ul style="list-style-type: none"> - Components of Fitness - Training Methods - Exercise Intensities - Analysis and Observation - Training Programme Design - Sports Psychology
Unit 2 – Practical Sport	
Unit 3 – The Mind & the Sports Performer	
Unit 5 – Training for Personal Fitness	

BTEC Sport Calendar

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
Year 10	Fitness for Sport & Exercise								Fitness for Sport & Exercise				
Year 11	Training for Personal Fitness								Training for Personal Fitness				

	Week 13	Week 14	Week 15	Week 16	Week 17	Week 18	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24	Week 25
Year 10				Fitness for Sport & Exercise - Exam			Practical Sport			Practical Sport			
Year 11				Training for Personal Fitness			The Mind & the Sports Performer			The Mind & the Sports Performer			

	Week 26	Week 27	Week 28	Week 29	Week 30	Week 31	Week 32	Week 33	Week 34	Week 35	Week 36	Week 37
Year 10			Practical Sport					Training for Personal Fitness				
Year 11			The Mind & the Sports Performer									

	Week 38	Week 39
Year 10		
Year 11		