

**Year 11 week-by-week curriculum overview 2020-21**

BTEC Sport is devised into 4 units. Examination unit 1 was completed by students in February 2020, Unit 3 (Fitness training programme) was started by students before lockdown and predicted grades issued by Mr Leason & Mr Woodger provisionally awarded by the exam board.

Students are completed units 2 and 5 this year.

<b><u>Date</u></b>	<b><u>Focus of lessons</u></b>	<b><u>Additional Support</u></b>
September – October	<p>Unit 5 Learning Aim A</p> <p>A.1 – Short term effects of exercise on the musculoskeletal system</p> <p>A.2 – Short term effects of exercise on the cardiorespiratory system</p> <p>A.3 – Long term adaptations of the musculoskeletal system</p> <p>A.4 – Long term adaptations of the cardiorespiratory system</p> <p>Assignment hand in deadline 13<sup>th</sup> November*</p>	<p>All lesson powerpoints have been made available to students on edulink and can be directly emailed on request.</p> <p>Students should refer lessons powerpoints, class notes and the example material to support them in writing their assignments.</p>
November – December	<p>Unit 5 Learning Aim B</p> <p>B.1 &amp; B.2 – Anaerobic energy system, ATP / alactic system</p> <p>B.3 – Glycolysis / lactic acid anaerobic system</p> <p>B.4 – The aerobic energy system</p> <p>Assignment hand in deadline 7<sup>th</sup> December*</p>	<p>All lesson powerpoints have been made available to students on edulink and can be directly emailed on request.</p> <p>Students should refer lessons powerpoints, class notes and the example material to support them in writing their assignments.</p>
January	<p>Unit 2 Learning Aim A</p> <p>“Understand the rules, regulations and scoring systems for selected sports”</p> <p>Students will learn and produce assignment work around the rules, regulations and scoring systems of their two selected sports. Students should select sports they are involved or have been involved in outside of school. We would recommend a team sport such as; football, netball or rugby and an individual sport such as badminton.</p>	<p>We would strongly recommend students watch our videos on NIA Sport &amp; PE YouTube. Students should pause the video to take notes and read the information in the video.</p> <p>Unit Introduction:  <a href="https://www.youtube.com/watch?v=RpXkKbc74Ec&amp;t=9s">https://www.youtube.com/watch?v=RpXkKbc74Ec&amp;t=9s</a></p> <p>Officials:  <a href="https://www.youtube.com/watch?v=Z1rk_uxPEfE&amp;t=1s">https://www.youtube.com/watch?v=Z1rk_uxPEfE&amp;t=1s</a></p>
February	<p>Unit 2 Learning Aim B</p> <p>“Practically demonstrate skills, techniques and tactics in selected sports”</p> <p>Students will practically demonstrate skills, techniques and discuss tactics in their two selected sports. In order to achieve a merit or above students will be recorded in a competitive game. Adjustments are allowed due to COVID-19 and all games will be with students at NIA in the year group bubble.</p>	Information added soon
March	<p>Unit 2 Learning Aim C</p> <p>“Be able to review sports performance”</p> <p>Students will produce an observation checklist and review sporting performance.</p>	Information added soon