

## BTEC Tech Scheme of Work (2023-2026)

Year	Component	Learning Outcome	Topics	Homework and Assingments	Practicals	
Year 1	Component 2: Taking Part and Improving Other Participants Sporting Performance	Learning outcome A: Understand how different components of fitness are used in different physical activities	A1 Components of physical fitness	3 x Booklet Homework <b>Task 1 Test: Case Study, selecting appropriate sports/physical activities</b>  <b>Practical Assessment</b>	Fitness Testing	
		Learning outcome B: Be able to participate in sport and understand the roles and responsibilities of officials	A2 Components of skill-related fitness			
		Learning outcome B: Be able to participate in sport and understand the roles and responsibilities of officials	B1 Techniques, strategies and fitness required for different sports	3 x Booklet Homework <b>Task 2 Test: Technology within a case study</b>  <b>Practical Assessment</b>	Officiating (Team/Individual Sports)	
			B2 Officials in sport			
			B3 Rules and regulations in sports			
		Learning outcome C: Demonstrate ways to improve participants sporting techniques	C1 Planning drills and conditioned practices to develop participants’ sporting skills	3 x Booklet Homework <b>Task 3: Plan and deliver a warm up</b>  <b>Practical Assessment</b>	Student Leading practical	
			C2 Drills to improve sporting performance			
		Component 1: Preparing Participants to Take Part in Sport and Physical Activity	Learning outcome A: Explore types and provision of sport and physical activity for different types of participants	A1 Types and providers of sport and physical activities	3 x Booklet Homework <b>Task 1 Test: Case Study, selecting appropriate sports/physical activities</b>	Range of sports and physical activity  Students to officiate, understand facilities, equipment etc.
				A2 Types and needs of sport and physical activity participants		
	A3 Barriers to participation in sport and physical activity for different types of participant					
	A4 Methods to address barriers to participation in sport and physical activity for different types of participant					
	Learning outcome B: Examine equipment and technology required for participants to use when taking part in sport and physical activity		B1 Different types of sports clothing and equipment required for participation in sport and physical activity	3 x Booklet Homework <b>Task 2 Test: Technology within a case study</b>		
			B2 Different types of technology and their benefits to improve sport and physical activity participation and performance			
			B3 The limitations of using technology in sport and physical activity			
	Learning outcome C: Be able to prepare participants to take part in physical activity		C1 Planning a warm-up	3 x Booklet Homework <b>Task 3: Plan and deliver a warm up</b>  <b>Practical Assessment</b>	Warm up and leadership	
			C2 Adapting a warm-up for different categories of participants and different types of physical activities			
			C3 Delivering a warm-up to prepare participants for physical activity			

Year 2	Component 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity	Learning outcome A: Explore the importance of fitness for sports performance	A1 The importance of fitness for successful participation in sport	Booklet Homework <b>Outcome A Assessment</b>	Fitness Testing / Lesson Focused
			A2 Fitness training principles		
			A3 Exercise intensity and how it can be determined		
		Learning outcome B: Investigate fitness testing to determine fitness levels	B1 Importance of fitness testing and requirements for administration of each fitness test	Booklet Homework <b>Outcome B Assessment Half Mock</b>	
			B2 Fitness test methods for components of physical fitness		
			B3 Fitness test methods for components of skill-related fitness		
			B4 Interpretation of fitness test results		
		Learning outcome C: Investigate different fitness training methods	C1 Requirements for each of the following fitness training methods	Booklet Homework <b>Outcome C Assessment</b>	Pairs/Group fitness training programmes (10 Weeks)
			C2 Fitness training methods for physical components of fitness		
			C3 Fitness training methods for skill-related components of fitness		
			C4 Additional requirements for each of the fitness training methods		
			C5 Provision for taking part in fitness training methods		
			C6 The effects of long-term fitness training on the body systems		
		Learning outcome D: performance Investigate fitness programming to improve fitness and sports	D1 Personal information to aid training fitness programme design	Revision Homework <b>Outcome D Assessment Full Mock</b>	
			D2 Fitness programme design		
			D3 Motivational techniques for fitness programming		