

St Thomas's Centre
 BTEC SPORT Long Term Plan 2021-2022
 Long Term Plan



	Autumn term		Spring Term		Summer Term	
Year 1	Unit 1 Fitness for Sport and Exercise.	Unit 1 Fitness for Sport and Exercise Unit 2 Practical performance in Sport.	Unit 2 Practical performance in Sport.	Unit 3 Applying the principles of Personal Training.	Unit 3 Applying the principles of Personal Training Unit 4 The Mind and Sports performance.	Unit 4 The Mind and Sports performance.
	Learning aim, A: Know about the components of fitness and the principles of training Learning aim B: Explore different fitness testing methods.	Learning aim C: Investigate fitness testing to determine fitness levels Learning aim, A: Understand the rules, regulations and scoring systems for selected sports.	Learning aim B: practically demonstrate skills, techniques and tactics in selected sports Learning aim C: - be able to review sports performance.	Learning aim, A: Design a Personal Fitness Training Programme Learning aim B; Know about the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training Learning aim C; Implement a self-designed personal fitness training programme to achieve own goals and objectives. C.1 Safely implement a personal fitness training programme.	Learning aim D; Review a personal fitness training programme Learning aim, A: Investigate personality and its effect on sports performance Learning aim B; Explore the influence that motivation and self-confidence have on sports performance.	Learning aim C; Know about arousal and anxiety, and the effects they have on sports performance.