Curriculum Map: Year 13 **Subject: BTEC Sport Unit 2**

	Key Knowledge - what will students know by the end of this topic?	**Key skills** - what skills will students have developed by the end of this topic?	**Assessment opportunities** - How is progress measure?
Sep-Oct half term	A Examine lifestyle factors and their effect on health and well-being A1 Positive lifestyle factors and their effects on health and well-being A2 Negative lifestyle factors and their effects on health and well-being Understand the factors contributing to an unhealthy lifestyle A3 Lifestyle modification techniques Understand how lifestyle modification techniques can be used to reduce unhealthy lifestyle behaviours. B Understand the screening processes for training programming B1 Screening Processes B2 Health monitoring tests Be able to interpret health monitoring results of a selected individual using normative data and make appropriate recommendations B3 Interpreting the results of health monitoring tests Be able to interpret health monitoring data against health norms and make judgements C Understand programme-related nutritional needs C1 Common terminology Understand common nutritional terminology	• Exercise/physical activity• Balanced diet • Positive risk-taking activities: • Government recommendations/guidelines: • Smoking • Alcohol: • Stress: • Sleep • Sedentary lifestyle: • Common barriers to change: time, cost, transport, location. • Strategies to increase physical activity levels • Smoking cessation strategies• Strategies to reduce alcohol consumption. • Stress management techniques• Screening questionnaires • Legal considerations • Blood pressure. • Resting heart rate. • Body mass index (BMI). • Waist to hip ratio. • Recommended daily allowance (RDA), energy measures. • Energy balance: basal metabolism, age, gender, climate, physical activity Understand the requirements of a balanced diet. • Macronutrients • Micronutrients • Hydration • Understand different strategies used on an individual basis by: o adapting diet to gain or lose weight. • Understand the use of ergogenic aids used in training programmes including positive and negative effects, and recommended timings: o energy gels and bars o protein drinks o carbohydrate loading. • Understand the use of sports drinks for different types of training requirements including recommended timings and amounts: o isotonic o hypertonic o hypotonic.	Ongoing teacher assessment and questioning. Formal mock assessment. Peer/Self-assessment Regular interleaving starter tests checking previous learning Topic tests Guided longer questions

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	C2 Components of a balanced diet Understand the requirements of a balanced diet. C3 Nutritional strategies for individuals taking part in training programmes		
Oct-Christmas	D Examine training methods for different components of fitness D1 Components of fitness to be trained D1.1 Skill-related fitness Understand the components of skill-related fitness and the application of each component in a fitness training context D2 Training methods for physical fitness-related components Principles of fitness training programme design Be able to design a fitness training programme including all the major components.	• Physical fitness – understand the components of physical fitness and the application of each component in a fitness training context. o Aerobic endurance: the ability of the cardiorespiratory system to work efficiently, supplying nutrients and oxygen to working muscles during sustained physical activity. o Strength: the maximum force (in kg or N) that can be generated by a muscle or muscle group. o Muscular endurance: the ability of the muscular system to work efficiently, where a muscle can continue contracting over a period of time against a light to moderate fixed resistance load. o Flexibility: having an adequate range of motion in all joints of the body, the ability to move a joint fluidly through its complete	Ongoing teacher assessment and questioning. Formal mock assessment. Peer/Self-assessment Regular interleaving starter tests checking previous learning Topic tests Guided longer questions
Jan-Feb half term	Exam	Students to complete coursework from Units 3 and 5	See curriculum map for Unit 3 & 5
Feb-Easter		Students to complete coursework from Units 3 and 5	See curriculum map for Unit 3 & 5