

# SMITH'S WOOD LEARNING JOURNEY

## BTEC sport

Year 11

D1: Personal information to aid training fitness programme design

D2: Fitness programme design

D3: Motivational techniques for fitness programming

**Component 3**  
Exam  
(May)

C5: Provision for taking part in fitness training methods

C4: Additional requirements for each of the fitness training methods

C3: Fitness training methods for skill-related components of fitness

**SUMMER TERM**

C6: The effects of long-term fitness training on the body systems

B2: Fitness test methods for components of physical fitness

B3: Fitness test methods for components of skill-related fitness

C1: Requirements for each of the following fitness training methods

C2: Fitness training methods for physical components of fitness

B1: Importance of fitness testing and requirements for administration of each fitness test

B4: Interpretation of fitness test results

A2: Fitness training principles

A1: The importance of fitness for successful participation in sport

**SPRING TERM**

A3: Exercise intensity and how it can be determined

C1: Planning drills and conditioned practices to develop participants' sporting skills

**Component 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity**

**Component 2**  
Summative Assessment  
(December window)

B3: Rules and regulations in sports

C2: Drills to improve sporting performance

**Component 2: Taking Part and Improving Other Participants Sporting Performance**

**AUTUMN TERM**

B2: Officials in sport

B1: Techniques, strategies and fitness required for different sports