Year 13 BTEC Sport

	Topics being taught	What you will be assessed on	How you can support at home
Autumn Term	Unit 2 – Fitness training and programming for health, sport and well-being	Learning Aims A & B: Lifestyle factors and their effects on health via screening processes	Discussions around lifestyle factors and effects on well-being Check your child's progress using past exam papers
	OCTOBER 1/2 TERM		
	Unit 2 – Fitness training and programming for health, sport and well-being	Learning Aims C & D: Programme-related nutritional needs. Training methods for components of fitness	Test knowledge of definitions using key terms in Showbie. Support exam revision using exam questions based on scenario
	CHRISTMAS		
Spring Term	Unit 5 – Understand the principles of fitness testing	Learning Aim A: Examine training methods for different components of fitness	Test knowledge of definitions with key terms in Showbie. Support and encourage wider research
	FEBRUARY 1/2 TERM		
	Unit 5 – Explore fitness tests for different components of fitness.	Learning Aim B: Explore fitness tests for different components of fitness.	Test knowledge of fitness test procedures and protocols. Support and encourage wider research
	EASTER		
Summer Term	Unit 5 – Understand evaluation and feedback of fitness test results.	Learning Aim C: Understand evaluation and feedback of fitness test results.	Discuss fitness test profile and support in evaluation process Support and encourage wider research
	MAY 1/2 TERM		
	Consolidation of Units 1 and 2 where required.	Units 1 and Unit 2 where required.	Support with exam revision Support with exam revision

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