



Subject: BTEC Sport

Year 11

**Curriculum Map
2017 -2018**

Week Commencing	Topic (including links to additional resources)	Assessment Window
9/10/17	Theory Lessons - Flexibility Training – Types of Stretches Practical Lessons – Student-led Leadership Sessions	
16/10/17	Theory Lessons - Training Methods Practical Lessons – Student-led Leadership Sessions	
October Half Term		
30/10/17	Theory Lessons - Body Composition and Types of Testing Practical Lessons – Student-led Leadership Sessions	AR1
6/11/17	Theory Lessons - Pre-test procedures Practical Lessons – Student-led Leadership Sessions	AR1
13/11/17	Theory Lessons - Data Driven Improvement Phase - AR1 assessment Practical Lessons – Student-led Leadership Sessions	
20/11/17	Theory Lessons - Data Driven Improvement Phase - AR1 assessment Practical Lessons – Student-led Leadership Sessions	
27/11/17	Theory Lessons - Preparation for External Assessment – Revision Practical Lessons – Student-led Leadership Sessions	
4/12/17	Theory Lessons – Preparation for External Assessment - Revision Practical Lessons – Student-led Leadership Sessions	
11/12/17	Theory Lessons – Skills, Qualities & Responsibilities of Sports Leaders Practical Lessons – Student-led Leadership Sessions	
Christmas Break		
1/1/18	Theory Lessons – Skills, Qualities & Responsibilities of Sports Leaders Practical Lessons – Student-led Leadership Sessions	

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8/1/18	Theory Lessons – Skills, Qualities & Responsibilities of Sports Leaders Practical Lessons – Student-led Leadership Sessions	
15/1/18	Theory Lessons – Skills, Qualities & Responsibilities of Sports Leaders Practical Lessons – Student-led Leadership Sessions	AR2
22/1/18	Theory Lessons – Skills, Qualities & Responsibilities of Sports Leaders Practical Lessons – Student-led Leadership Sessions	AR2
29/1/18	Theory Lessons – Evaluation of Student-led Leadership Sessions	
5/2/18	Theory Lessons – Evaluation of Student-led Leadership Sessions	
12/2/18	Theory Lessons – Evaluation of Student-led Leadership Sessions	
February Half Term		
26/2/18		
5/3/18	Theory Lessons – Successful Leadership Target Setting and Action Planning	
12/3/18	Theory Lessons – Successful Leadership Target Setting and Action Planning	AR3
19/3/18	Theory Lessons – Successful Leadership Target Setting and Action Planning	AR3
26/3/18	Theory Lessons – Unit 4 – Effects of Exercise on the Musculoskeletal System	
Easter		
16/4/18	Theory Lessons – Unit 4 – Effects of Exercise on the Musculoskeletal System	

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23/4/18	Theory Lessons – Unit 4 – Effects of Exercise on the Cardiorespiratory System	
30/4/18	Theory Lessons – Unit 4 – Effects of Exercise on the Cardiorespiratory System	
7/5/18	Theory Lessons – Energy Systems – Anaerobic - ATP-PC Energy System	
14/5/18	Theory Lessons – Energy Systems – Anaerobic – Glycolysis/Lactic Acid Energy System	
21/5/18	Theory Lessons – Energy Systems – Aerobic – Aerobic Energy System	
May Half Term		
4/6/18	Theory Lessons – Energy Systems used in Different Sports	
11/6/18	Theory Lessons – Completion of outstanding coursework	
18/6/18	Theory Lessons – Completion of outstanding coursework	
25/6/18	Theory Lessons – Completion of outstanding coursework	
2/7/18	Theory Lessons – Completion of outstanding coursework	
9/7/18	Theory Lessons – Completion of outstanding coursework	
16/7/18	Theory Lessons – Completion of outstanding coursework	

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