Ormiston Meridian Academy

[OAT] Ormiston Academies Trust
AN OAT ACADEMY

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Subject: BTEC Sport — Year 11 Curriculum Map 2025 - 26

Week Commencing	Topic (including links to additional resources)	Assessment Window
Staff INSET 01/09 Students Return 02/09	**COMPONENT 2: LEARNING OUTCOME A: Understand how different components of fitness are used in different physical activities** **R&R:** Students will understand each of the components of physical and skill-related fitness. They will be able to apply this understanding to how these components of fitness are used in team sports, individual sports, outdoor activities, and physical fitness activities and how they impact on performance. **A1 Components of physical fitness** Students will know the definition of each component of physical fitness and their potential impact on sporting performance. ✓ Aerobic endurance ✓ Muscular endurance ✓ Muscular strength ✓ Speed ✓ Flexibility ✓ Body composition **A2 Components of skill-related fitness** Students will know the definition of each component of skill-related fitness and understand their potential impact on sporting performance. ✓ Power ✓ Agility ✓ Reaction time ✓ Balance ✓ Coordination **Practical lessons - C1 Planning drills and conditioned practices to develop participants' sporting skills & C2 Drills to improve sporting performance**	**External Assessment – Pearson-Set Assignment (PSA) - Component 2**
08/09/2025	**External Assessment – Pearson-Set Assignment (PSA) – Component 2**	
15/09/2025		
22/09/2025		
29/09/2025		
06/10/2025		
13/10/2025		

20/10/2025		
October Half Term		
03/11/2025	**External Assessment – Pearson-Set Assignment (PSA) – Component 2**	
10/11/2025		AR1
17/11/2025		AR1
24/11/2025		
01/12/2025		
08/12/2025		**08/12/2025 - Deadline for mark submission/upload of learner work for sampled learners**
15/12/2025	**COMPONENT 3: LEARNING OUTCOME A: Explore the importance of fitness for sports performance** **A1 The importance of fitness for successful participation in sport** Students will understand how each of the components of physical and skill-related fitness are required to perform well in selected sports and how these are used when playing in different positions in team sports: • aerobic endurance – events/sports lasting more 30 minutes • muscular endurance – events/sports lasting more 30 minutes • muscular strength – activities requiring force, e.g., throwing events • speed – activities requiring fast movement, e.g., sprinting • flexibility – activities requiring a wide range of movement around a joint, e.g., gymnastics, martial arts • body composition – low body fat, e.g., gymnastics, high muscle mass, e.g., sprinters • power – activities requiring explosive movement e.g., gymnastics, basketball • agility – activities requiring quick changes of direction, e.g., dodging the opposition in a team game, freestyle skiing o reaction time – any activity where a quick decision or response to a stimulus is needed balance – an activity requiring the control of the distribution of weight or to remain upright and steady • coordination – any activity requiring the movement of two or more body parts and can include the use of sporting equipment, e.g., hand, eyes, and tennis racquet to connect with the tennis ball. **Practical Lesson - B1 Importance of fitness testing and requirements for administration of each fitness test.**	
Christmas Break		
05/01/2026	**A2 Fitness training principles: The basic principles of training 'FITT':** Students need to be able to understand the principles of training and how they can be applied to training programmes: • frequency: the number of training sessions completed over a period of time, usually per week • intensity: how hard an individual will train • time: how long an individual will train for • type: how an individual will train by selecting a training method to improve a specific component of fitness.	

	Practical Lesson - B2 Fitness test methods for components of physical fitness – Aerobic Endurance and flexibility. ○ Flexibility - https://www.brianmac.co.uk/sitreach.htm ○ Aerobic endurance - https://www.brianmac.co.uk/beep.htm **B4 Interpretation of fitness test results**	
12/01/2026	**A2 Fitness training principles: Additional principles of training 'SPARRIV':** Students need to be able to understand the principles of training and how they can be applied to training programmes: • specificity - training should meet the needs of the sport, or physical/skill-related fitness goals to be developed • progressive overload – to progress, training needs to be demanding • adaptation - changes to the body due to increased training loads • reversibility - if training stops, or the intensity of training is lowered, fitness gains from training are lost • rest and recovery – to allow the body to recover and adapt • individual differences/needs - training should meet the needs of an individual • variation - altering types of training to avoid boredom and maintain motivation to train. **Practical Lesson - B2 Fitness test methods for components of physical fitness – Muscular endurance, muscular strength, and body composition.** ○ Strength - https://www.brianmac.co.uk/grip.htm ○ Muscular endurance - https://www.brianmac.co.uk/pressuptst.htm ○ Body Composition - https://www.brianmac.co.uk/fatcent.htm **B4 Interpretation of fitness test results**	AR2
19/01/2026	**A3 Exercise intensity and how it can be determined:** Students will understand exercise intensity and how it can be measured or worked out. They will also understand the target zones and the related technical vocabulary: • intensity − be able to measure heart rate (HR) and apply HR Intensity to fitness training methods • know about target zones and training thresholds - be able to calculate training zones and apply HR max to training (HR max = 220 – age in years) • be able to calculate 60–85% HR max and know that this is the recommended training zone for cardiovascular health and fitness. **Practical Lesson - B2 Fitness test methods for components of physical fitness – Speed.** ○ Speed - https://www.brianmac.co.uk/30accel.htm **B3 Fitness test methods for components of skill-related fitness - balance, coordination, and reaction time.** **B4 Interpretation of fitness test results**	AR2
26/01/2026	**A3 cont.: Exercise intensity and how it can be determined:** • know that the Borg (6-20) Rate of Perceived Exertion (RPE) Scale can be used as a measure of exercise intensity • know about the relationship between RPE and heart rate where: RPE x 10 = HR (bpm) • calculate 1RM for strength and 15RM for muscular endurance • technology to measure exercise intensity: heart rate monitors, smart watches, apps. **Practical Lesson – B3 Fitness test methods for components of physical fitness – Agility and power.** ○ Agility - https://www.brianmac.co.uk/illinois.htm ○ Anaerobic power - https://www.brianmac.co.uk/sqtjump.htm **B4 Interpretation of fitness test results**	AR2
02/02/2026	**Component 3: Learning Outcome C - Investigate different fitness training methods** **C1 Requirements for each of the following fitness training methods** Students should know how to carry out fitness training safely and effectively as part of a training programme.	

	• Warm-up prior to taking part in the fitness training method – pulse raiser, mobility and stretch; reduce the risk of injury, prepare the body for exercise. • Cool down after taking part in the fitness training method – gradually lower pulse and breathing rate to resting levels; remove lactic acid; stretch to help return muscles to pre-exercise length. • Linking each fitness training method to the associated component of fitness. • Application of the basic (FITT) and additional principles of training to each fitness training method. • Application of appropriate training intensities to fitness training methods. **Practical Lesson - C2 Fitness training methods for physical components of fitness – Aerobic endurance:** • continuous training – steady pace and moderate intensity for a minimum period of 30 minutes • Fartlek training – the intensity of training is varied by running at different speeds and/or over different terrain • interval training – work period followed by a rest or recovery period • circuit training – use of a number of stations/exercises completed in succession with minimal rest periods in between to develop aerobic endurance.	

09/02/2026	**C2 Fitness training methods for physical components of fitness & C3 Fitness training methods for skill-related components of fitness:**
	Students should be able to suggest and justify appropriate physical fitness training methods that could be used for specific sports participants for different ages and different sporting abilities.
	• **Flexibility training**:
	  • static
	  • ballistic
	  • Proprioceptive Neuromuscular Facilitation (PNF) technique
	• **Muscular strength training:**
	  • free weights and fixed resistance machines – high loads and low repetitions
	• **Balance:** use of specific training exercises that require balancing on a reduced size base of support.
	• **Coordination:** use of specific training exercises using two or more body parts together.
	• **Reaction time:** use of specific training exercises to practise quick responses to an external stimulus.
	
	Practical Lesson - C2 Fitness training methods for physical components of fitness – Muscular Endurance:
	• circuit training – using body resistance exercises or weights with low loads and high repetitions.
	C4 Additional requirements for each of the fitness training methods: Advantages and disadvantages – to include number of people that can take part, cost of equipment, ease of set up, access to venue/location of training, risk of injury to the performer if performed incorrectly, effectiveness of training for given sports performer, specificity to component of fitness, replicating demands of the sport.	

February Half Term		

23/02/2026	**C6 The effects of long-term fitness training on the body systems**
	Students should know how training methods affect the different body systems, which can lead to adaptations to improve specific components of fitness.
	• Aerobic endurance training:
	  ○ adaptations to the cardiovascular and respiratory systems
	  ○ cardiac hypertrophy
	  ○ decreased resting heart rate
	  ○ increased strength of respiratory muscles
	  ○ capillarisation around alveoli.
	• Flexibility training:
	  ○ adaptations to the muscular and skeletal systems
	  ○ increased range of movement permitted at a joint
	  ○ increased flexibility of ligament and tendons
	  ○ increased muscle length.
	• Muscular endurance training:
	  ○ adaptations to the muscular system
	  ○ capillarisation around muscle tissues	

	○ increased muscle tone. • Muscular strength and power training: ○ adaptations to the muscular and skeletal systems ○ muscle hypertrophy ○ increased tendon and ligament strength ○ increased bone density. • Speed training: ○ adaptations to the muscular system ○ increased tolerance to lactic acid. **Practical Lesson - C2 Fitness training methods for physical components of fitness – Speed:** • acceleration sprints – pace is gradually increased from a standing or rolling start to jogging, then to striding, and then to a maximal sprint • interval training – work period followed by a rest or recovery period. For speed short, high intensity work periods, increasing the number of rest periods and increasing work intensity (compared to aerobic endurance training) • resistance drills – hill runs, parachutes, sleds, bungee ropes, resistance bands. **C5 Provision for taking part in fitness training methods:** • Public provision – advantages and disadvantages. • Private provision – advantages and disadvantages. • Voluntary provision – advantages and disadvantages.	
02/03/2026	**D3 Motivational techniques for fitness programming** • Definition of motivation – the internal mechanisms and external stimuli that arouse and direct behaviour. • Types of motivation: ○ intrinsic ○ extrinsic. • Principles of setting goals to increase and direct motivation. • Personal goals – specific, measurable, achievable, realistic, time-related, exciting, recorded (SMARTER): ○ short-term goals (set over a short period of time, between one day and one month) ○ long-term goals (what they want to achieve in the long term, and the best way of doing this). • Influence of goal setting on motivation: ○ provide direction for behaviour ○ maintain focus on the task in hand. • Benefits of motivation on the sports performer: ○ increase participation ○ maintain training and intensity ○ increased fitness ○ improved performance. **Practical Lesson - C3 Fitness training methods for skill-related components of fitness – SAQ:** • Speed Agility and Quickness training (SAQ) – drills used to develop physical ability and motor skills. **D1 Personal information to aid fitness training programme design** • Aims – details of what they would like to achieve for the selected sport. • Objectives – how they intend to meet their aims using an appropriate component of fitness and method of training. • Lifestyle and physical activity history. • Attitudes, the mind and personal motivation for training.	
09/03/2026	**Component 3 Revision – Knowledge Organisers, revision tasks & examination questions (extended response questions)** **Practical Lesson - C3 Fitness training methods for skill-related components of fitness – Plyometrics:** • plyometrics – lunging, bounding, incline press-ups, barrier hopping and jumping. **D2 Fitness programme design** • Use personal information to aid training programme design.	

	• Selection of appropriate training method/activity for improving/maintaining the selected components of physical and/or skill-related fitness. • Application of the FITT principles and additional principles of training.	
16/03/2026	**Mock external assessment - Component 3**	
23/03/2026	**Component 3 Revision – Knowledge Organisers, revision tasks & examination questions (extended response questions)**	
Easter Break		
13/04/2026	**Component 3 Revision – Knowledge Organisers, revision tasks & examination questions (extended response questions)**	
20/04/2026	**Component 3 Revision – Knowledge Organisers, revision tasks & examination questions (extended response questions)**	
27/04/2026	**Component 3 Revision – Knowledge Organisers, revision tasks & examination questions (extended response questions)**	
04/05/2026	**External Assessment**	GCSE
11/05/2026		GCSE
18/05/2026		GCSE
May Half Term		
01/06/2026		GCSE
08/06/2026		GCSE
15/06/2026		GCSE
22/06/2026		
29/06/2026		
06/07/2026		
13/07/2026		
20/07/2026		