

STMLC	Year Group 11
Subject	Sports BTEC
Autumn Term 1	Unit 5 – Training for Personal Fitness <ul style="list-style-type: none"> • Design a Personal Fitness Training programme (Written Coursework)
Autumn Term 2	Unit 5 – Training for Personal Fitness <ul style="list-style-type: none"> • Exercise Adherence (Written Coursework) • Implementing a 6-week Training programme (Weekly Log book + Practical Assessment + Video Footage)
Spring Term 3	Unit 5 – Review of Training programme (Written Coursework)
Spring Term 4	Unit 6 – Leading Sports Activities <ul style="list-style-type: none"> • Know the attributes associates with Sports Leadership • Compare and contrast two successful sports leaders (written coursework)
Summer Term 5	Unit 6 – Leading Sports Activities <ul style="list-style-type: none"> • Undertake the planning and leading of Sports activities • Independently lead a sports activity session (written coursework + (practical))
Summer Term 6	Unit 6 – Leading Sports Activities <ul style="list-style-type: none"> • Review the planning and leading of sports activities • Produce a personal development plan (written coursework)

Serving God, striving for excellence

