



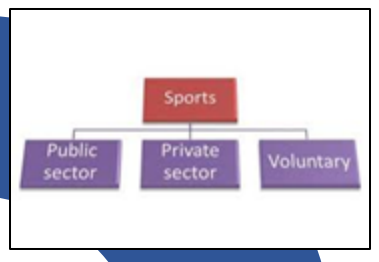
Fakenham Academy BTEC Sport Tech Award Level 1/2 Learning Journey



EXAM JAN/MAY

Motivation

Fitness Programming



Personal Information

Sports Provision



END OF YEAR 11



Methods of Training

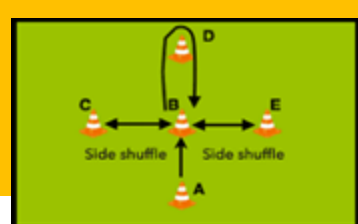


Fitness Testing

YEAR 11

EXAM TASK SEPT

Drills



LAC

Rules/Officials

COMPONENT 3 -
Developing fitness to improve other participants performance in sport and physical activity

COMPONENT 2 -
Taking part and improving other participants sporting performance



Planning/Delivering a warm-up

EXAM TASK JAN

LAA

Components of Fitness

LAB

Skills



Technology



Equipment

Clothing

LAB

Methods to address barriers

Barriers to Participation



Disability

Age

Health

Types of Participant



Physical

Mental

Social

Provision of Sport

Public



Government guidelines of physical activity

Public

Voluntary



Individual Sports

COMPONENT 1 -
Preparing participants to take part in sport and physical activity

Benefits of taking part

Outdoor Activities

LAA

Year 10



Fitness Activities



Team Sports

ON YOUR MARKS.....SETGO!!