

## AUTUMN 1

Unit 2 Fitness Training and Programming  
 A: Lifestyle factors and their effect on health and well-being.  
 Positive and negative lifestyle factors, lifestyle modification techniques,  
 B: Screening Processes for training.  
 Health monitoring tests, interpreting the results of health monitoring tests.

Unit 6: Sport Psychology  
 Learning Aim A: Investigating Psychological principles affecting performance.  
 Personality, Motivational factors, performance relationship theories under competitive pressure.

Prior Learning  
 Unit 2: Students completed PEPs and training programmes for GCSE and BTEC PE. Students are also familiar with components and training methods as they are covered in the fitness unit of KS3 PE. Psychology in sport is covered in BTEC level 2

## AUTUMN 2

Unit 2: Fitness training and Programming.  
 C: Programme related nutritional needs  
 Terminology, components of a balanced diet, nutritional strategies for training.  
 D: Training components and Methods for fitness.  
 Components of fitness, skill related fitness, training methods for health and skill components.  
 E: Training programme design.  
 Designing a fitness programme using training principles and periodization.

Unit 6: Sport Psychology  
 Learning Aim A: Investigating Psychological principles affecting performance.  
 Attentional focus and sports performance under competitive pressure, Stress, anxiety and sports performance under competitive pressure, self-confidence and sports performance under competitive pressure.

Prior Learning  
 Unit 2: Students completed PEPs and training programmes for GCSE and BTEC PE. Students are also familiar with components and training methods as they are covered in the fitness unit of KS3 PE. Psychology in sport is covered in BTEC level 2

## SPRING 1

Unit 2: Fitness Training and Programming  
 Unit 2 exam

Unit 6: Sport Psychology  
 Learning Aim C: Developing a psychological skills training programme  
 Section 1: Psychological skills report

Prior Learning  
 Unit 2: Students completed PEPs and training programmes for GCSE and BTEC PE. Students are also familiar with components and training methods as they are covered in the fitness unit of KS3 PE. Psychology in sport is covered in BTEC level 2

## SPRING 2

Unit 6: Sport Psychology  
 Learning Aim B: Investigating group dynamics and its effect on sports performance.  
 Group Processes, cohesion in effective group performance.

Unit 6: Sport Psychology  
 Learning Aim C: Developing a psychological skills training programme. Section 1: Psychological skills report continued. Section 2: Designing a psychological training programme.

Prior Learning  
 Psychology in Sport is covered in BTEC sport level 2 but otherwise no prior learning.

## SUMMER 1

Unit 6: Sport Psychology  
 Learning Aim B: 2. Investigating group dynamics and its effect on sports performance.  
 Leadership in creating effective groups, Impact of processes, cohesion and leadership on a team.

Unit 6: Sport Psychology  
 Learning Aim C: Developing a psychological skills training programme. Section 2: Designing a psychological training program.

Prior Learning  
 Psychology in Sport is covered in BTEC sport level 2 but otherwise no prior learning.

## SUMMER 2

Unit 6: Sport Psychology  
 Learning Aim B: 2. Investigating group dynamics and its effect on sports performance.  
 Measurement of the impact of processes, cohesion and leadership on a team and performance using sociograms.

Unit 6: Sport Psychology  
 Learning Aim C; Developing a psychological skills training programme.  
 Section 3: review of psychological skills training programme.

Prior Learning  
 Psychology in Sport is covered in BTEC sport level 2 but otherwise no prior learning.

## CAREERS LINKS

BTEC is based on Vocational scenarios. In unit 2 you are a personal trainer assessing and meeting the needs of a client. In unit 6 you have been asked by a local sports club to design a psychological skills training programme.

## CHARACTER LINKS

Intellectual virtues through reflection, judgement and reasoning.  
 Performance virtues through confidence, determination, motivation, resilience and teamwork.  
 Moral Virtues through respect.

## KEY ASSESSMENT DATES

Learners complete an external exam in Unit 2 - Fitness training for Sport, Health and Well-being. They complete end of learning aim tests and then complete their final exam in January. Learners also complete internal Unit 6 - Psychology in Sport which consists of 2 internal coursework assignments.