## Subject Overview

**Subject**: BTEC Sport Level 3  
**Year Group**: 12  
**Academic Year**: 2016-17

<table>
<thead>
<tr>
<th>Term</th>
<th>Topic</th>
<th>Progress Range</th>
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| 1 | **Unit 8/9** - Practical team sports and individual sports  
- Performance and skill development of team/individual sports  
- Rules, Regulations and Officiating in a team/individual sport.  
**Unit 7** - Fitness testing and sports and exercise  
- Know a range of laboratory-based and field-based fitness tests. | D* - P |
| 2 | **Unit 8/9** - Practical team sports and individual sports  
- Performance and skill development of team/individual sports  
- Analysis of own performance  
**Unit 7** - Fitness testing and sports and exercise  
- Using health screening techniques to assess a client’s current fitness. | D* - P |
| 3 | **Unit 8/9** - Practical team sports and individual sports  
- Performance and skill development of team sports  
- Analysis of teams/another individuals performance  
**Unit 7** - Fitness testing and sports and exercise  
- Administer appropriate fitness tests for a client and provide feedback. | D* - P |
| 4 | **Unit 5** - Sports Coaching  
- Roles, responsibilities and skills of sports coaches  
**Unit 3** – Assessing risk in sport  
- Legislation, Legal factors and regulatory bodies | D* - P |
| 5 | **Unit 5** – Sports Coaching  
- Techniques used by coaches to improve the performance of athletes  
**Unit 3** – Assessing risk in sport  
- Risk assessments  
- Healthy and safe sporting environments | D* - P |
| 6 | **Unit 5** – Sports Coaching  
- Plan a sports coaching session  
- Deliver and review a sports coaching session.  
**Unit 3** – Assessing risk in sport  
- Planning of safe sports activities | D* - P |