DIXONS BROOKLANDS ACADEMY

KS4 – Btec Tech Sport

Long Term Plan 2026/2027

		Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	
Cycle 1		26/8 Data & Planning Days	2/9	9/9	16/9	23/9	30/9	7/10	14/10	4/11	11/11	18/11	25/11	2/12	
	Double Component	Expectations	Component 2 Introduction	Components of fitness	Skill related fitness	Aerobic Endurance training methods Practical	Speed training methods	Flexibility Training methods	Free weights training methods	PSA 2A practice	Types of skill/Types of practices	Skills and techniques for sports performance	Responsibility of officials	Rules and Regulations	
	Single Component		Components of fitness	Physical Components	Mini Assessment components of fitness	Practical	Practical	Practical	Recap lesson	Component 2b introduction	Practical	Strategies	Role of the Official	PSA Practice Task- I DO	
Cycle 2		**9/12**	**16/12**	**6/1**	**13/1**	**20/1**	**27/1**	**3/2**	**10/2**	**24/2**	**3/3**	**10/3**	**17/3**	**24/3**	
	Double component	PSA Practice Task: YOU DO	Demonstrating ways to improve participants sporting techniques	Drills and Practices	PSA Practice 2C	Recap	Recap	PSA Preparation	PSA preparation	PSA preparation	PSA Completion	PSA Completion	PSA Completion	PSA Completion	Introduction to component 3
	Single component	Practical	Drills and Practices	Supporting participants	Recap	PSA Preparation	PSA Preparation	PSA Preparation	PSA preparation	PSA Completion	PSA Completion	PSA Completion	PSA Completion	Practical	Components of fitness
		31/3	**21/4**	**28/4**	**5/5**	**12/5**	**19/5**	**2/6**	**9/6**	**16/6**	**23/6**	**30/6**	**7/7**	**14/7**	

Cycle 3	Double component	Basic Principles of training (FITT)	Calculating maximum heart rate	Technology to measure exercise intensity	Reliability, practicality & validity	Interpreting data	Fitness testing- Speed	Fitness testing- Aerobic Endurance	Fitness testing muscular Strength	Fitness testing- Power	Fitness testing - Coordination	Effects of long-term exercise	Investigating fitness programming to improve performance	Motivational techniques/ Influence of motivation	
	Single component	Additional principles of training	Exploring the relationship between HR and the RPE scale	Investigating fitness testing to determine fitness levels	Designing an informed consent	Fitness test methods	Fitness testing- Muscular Endurance	Fitness testing- Body composition	Fitness testing- Agility	Fitness testing- Balance	Fitness testing- Reaction Time	Providers of fitness testing	Personal information to aid training	Benefits of motivation	

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Cycle 1	26/8 Data & Planning Days	2/9	9/9	16/9	23/9	30/9	7/10	14/10	4/11	11/11	18/11	25/11	2/12	
		Introduction to Component 1/ Classifications of sport.	Outdoor activities/Physical Fitness activities	Provision of Physical activity/ Sectors	Participants with disabilities/Long term health issues.	Barriers/Methods to overcoming barriers.	PSA Scenario 1A. YOU DO.	Different types of sports clothing and footwear Benefits and Limitations	Sports specific and safety equipment benefits and limitations	Facilities/ Officiating	The benefits and limitations of equipment	PSA Scenario 1B. YOU DO.	Types of activities in a pulse raiser/Choosing the correct pulse raiser	
		Benefits of taking part in exercise	Practical	Physical activity needs of participants	Barriers to Participation	Practice assessment/ I do	1B Different types of sports clothing and footwear	Sports specific and safety equipment	Modified equipment and facilities	Technology	PSA Scenario 1B. I DO.	Planning a warm-up	Response of the cardiorespiratory system to a pulse raiser	
Cycle 2	9/12	16/12	6/1	13/1	20/1	27/1	3/2	10/2	24/2	3/3	10/3			
	Response of the musculoskeletal system to a pulse raiser	Response of the cardiorespiratory and musculoskeletal system to a mobiliser	Response of the cardiorespiratory and musculoskeletal system to preparation stretches	Adapting warmups for different categories of participants	Delivering a warm-up to prepare participants for physical activity	Organising a warmup/ Supporting participants in a warm-up	PSA Preparation	PSA Preparation	PSA Preparation	PSA Completion	PSA Completion	PSA Completion	PSA Completion	PSA Completion
	Types of activities in a mobiliser	Types of activities in preparation stretches	Adapting a warm-up for different categories of participants and different types of physical activities	Adapting the warmup to make it specific to a physical activity	Practical	Planning your warmup	PSA Preparation	PSA Preparation	PSA Completion	PSA Completion	PSA Completion	PSA Completion	PSA Completion	PSA Completion

	31/3	21/4	28/4	5/5	12/5	19/5	2/6	9/6	16/6					
Cycle 3	PSA Completion	Exam preparation	Exam Preparation	Exam										
	PSA Completion	Exam Preparation	Exam Preparation											