



QPHS Year 12 BTEC Sport Curriculum Map

Half term	Title	Unit summary	Assessment
1	Unit 6: Sports Psychology (Assignment 1)	✓ Understand how personality, motivation and competitive pressure can affect sport performance	Completed assignment marked inline with BTEC guidelines.
	Unit 1: Anatomy and Physiology (exam)	✓ The effects of exercise and sports performance on the skeletal system	End of topic written assessment. (section specific exam questions)
2	Unit 6: Sports Psychology (Assignment 1)	✓ Understand how personality, motivation and competitive pressure can affect sport performance	Completed assignment marked inline with BTEC guidelines.
	Unit 1: Anatomy and Physiology (exam)	✓ The effects of exercise and sports performance on the muscular system	End of topic written assessment. (section specific exam questions)
3	Unit 6: Sports Psychology (Assignment 2)	✓ Examine the impact of group dynamics in team sports and its effect on performance	Completed assignment marked inline with BTEC guidelines.
	Unit 1: Anatomy and Physiology (exam)	✓ The effects of exercise and sports performance on the respiratory system	End of topic written assessment. (section specific exam questions)
4	Unit 6: Sports Psychology (Assignment 2)	✓ Examine the impact of group dynamics in team sports and its effect on performance	Completed assignment marked inline with BTEC guidelines.
	Unit 1: Anatomy and Physiology (exam)	✓ The effects of sport and exercise performance on the cardiovascular system	End of topic written assessment. (section specific exam questions)
5	Unit 6: Sports Psychology (Assignment 3)	✓ Explore psychological skills training programmes designed to improve performance	Completed assignment marked inline with BTEC guidelines.
	Unit 1: Anatomy and Physiology (exam)	✓ The effects of exercise and sports performance on the energy systems	End of topic written assessment. (section specific exam questions)
6	Unit 6: Sports Psychology (Assignment 3)	✓ Explore psychological skills training programmes designed to improve performance	Completed assignment marked inline with BTEC guidelines.
	Unit 2: Fitness Training (Synopic exam)	✓ Examine training methods of different components of fitness	Practice exam questions.