



Stevenage Education Support Centre

'A centre of excellence for inspiring successful futures'

Learning Roadmap

BTEC Sport and Active Leisure: Level 1

VALUES:

Kindness, Teamwork, Resilience, High Aspirations, Tolerance, Citizenship

How the Body works:

- Learners will know the functions and structure of the skeleton, muscular, cardiac and respiratory systems.
- Understand the requirements for a healthy diet



Unit 11



Unit 10

Taking Part in Exercise and Fitness:

- Learners will research the different types of health and fitness facilities. As well as know how to take part safely.
- Demonstrate work skills through participating in exercise and fitness activities.
- Identify strengths and weakness of performance



Unit 12

Planning Own Fitness Program:

- Learners will understand about goal setting and using SMART goals
- To know about components of fitness, training types and fitness levels.

Specific	Measurable	Achievable	Realistic	Timely
S	M	A	R	T
G	O	A	L	S

Managing Health at Work:

- Learners will understand why it is important to keep healthy at work and how to do so.

Unit 2

