

Year 10 Sport BTEC

	<u>Topic</u>	<u>Key concept – what do I want the students to learn from this unit?</u>	<u>What knowledge will they acquire?</u>
YEAR 10 OVERVIEW			
Y10 - half term 1	Unit 6: Leading Sports Activities Assignment 1 - What Makes a Successful Sports Leader	For learning aim A, you will be introduced to the attributes required to be a successful sports leader, giving you knowledge of the skills, qualities and responsibilities associated with success in sports leadership.	2A.P2 Describe the attributes of two selected successful sports leaders. 2A.M2 Evaluate the attributes of two successful sports leaders. 2A.D1 Compare and contrast the attributes of two successful
Y10 – half term 2	Unit 6: Leading Sports Activities "Assignment 2 -Planning and Leading Sports Activities	Learning aim B enables you to consider the planning and leadership requirements for delivering sports activities. You will be given the opportunity to develop your ability and knowledge of sports leadership through developing knowledge of the requirements of planning and target setting for sports performers.	Plan a given sports activity. 2B.P3 Plan two selected sports activities. 2B.M3 Justify the choice of activities within the sports activity plan.
Y10 – half term 3	Unit 6: Leading Sports Activities Assignment 3 - Session Evaluation	For learning aim C, you will evaluate your own effectiveness as a sports leader within the session you planned and delivered. You will need to consider your strengths within the process of sports leadership and plans for further developing your ability as a sports leader.	Lead a component of a sports activity session, with guidance and/or support. 2B.P4 Independently lead a sports activity session. 2B.M4 Lead a successful sports activity session

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Y10 – half term 4	Unit 1 Fitness for sport and exercise	Know about the components of fitness and the principles of training	<p>All sports performers want to be the best they can be. To reach optimal levels requires years of dedication to training, including successfully overcoming any barriers (such as injury) which might prevent a performer from achieving their goals.</p> <p>Working closely with their coach, the performer will gain an appreciation and understanding of the different fitness components, training principles, training methods and fitness tests which can be incorporated into their training regime to further enhance and improve their sports performance. Physical and skill-related fitness components, including aerobic endurance, body composition and power, are related to positive health and wellbeing. Sports performers train regularly to improve and maintain their fitness levels and performance. Their training programmes are tailored to their specific training needs and their sport. A performer’s training cycle can incorporate lots of different fitness training methods, such as circuits for muscular strength and endurance. Incorporating different fitness training methods keeps training interesting, which helps to keep motivation levels high.</p> <p>Before different training methods can be explored, the sports performer needs to find out about their baseline fitness levels and what measures need to be improved. Fitness tests are essential; they help to identify areas that need improving and to track fitness improvements and progress over time. Fitness test results give an objective overview of performance and are used by sports coaches to ensure training continues to meet the performer’s needs.</p>
Y10 – half term 5	Unit 1 Fitness for sport and exercise	Know about the components of fitness and the principles of training	
Y10 – half term 6	Unit 1 Fitness for sport and exercise	Investigate fitness testing to determine fitness levels.	

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			<p>Fitness for sport and exercise is core to the programme of study. This unit underpins, the other units for sport. In learning aim A you will cover the components of physical and skill-related fitness and the principles of training. Learning aim B explores different fitness training methods for developing components of fitness, and for learning aim C you will gain knowledge and skills in undertaking and administering fitness tests.</p> <p>This unit is particularly relevant if you would like to progress into qualifications in sports coaching, elite sport or personal training.</p>