

Year 10 BTEC Sport Curriculum Sequence

Subject Intent: Our PE curriculum, through a stimulating and enjoyable programme of study and enrichment opportunities, enables all students to build a love and appreciation for physical activity, so they confidently participate in exercise beyond school and lead and maintain a healthy active lifestyle in adulthood. Leadership development is threaded through all aspects of our curriculum to create articulate and confident young people who make a positive contribution to their community.

	Autumn Term	Spring Term	Summer Term
Big idea/Theme	Component 2: Taking part and improving other participants sporting performance <i>Teaching and learning of content</i>	Component 2: Taking part and improving other participants sporting performance <i>Internal Assessment</i>	Component 1: Preparing participants to take part in sport and physical activity. <i>Teaching and learning of content</i>
Knowledge that needs to stick	Components of fitness Rules and regulations of individual and team sports Specific sport skills for individual and team sports Roles of the officials		
Demonstration of Knowledge (Assessment)	Component 2: Set assignment from Pearson- 6 th February 4 x 1 hour tasks to be conducted under exam conditions Internally assessed and opportunity to resubmit before 3 rd April 2023.		
Links to key stage 2/ prior knowledge needed	Component 1: Warm ups and cool downs, Component 2: Rules and regulations in both individual and team sports, knowledge of what an isolated practice and conditioned drill is.		
Skill set development	Teamwork Speaking Listening	Aiming High Leadership Staying positive	Leadership Creativity Problem solving
Key Vocabulary (Tier 2/ Tier 3)	Evaluate Assess Critically State Describe Demonstrate Analyse Communicate	Evaluate Assess Critically State Describe Demonstrate Analyse Communicate	Evaluate Assess Critically State Describe Demonstrate Analyse Communicate

	<ul style="list-style-type: none"> Power Coordination Balance Reaction Time Agility Aerobic Endurance Muscular Endurance Speed Flexibility Strength Technique Isolation Condition 	<ul style="list-style-type: none"> Sport International Governing Body (IGB) National Governing Body (NGB) Regulations Official Role Officiate Criteria Sanction Umpire Referee Skill Interaction Tactics Invasion games Isolated practices Component Conditioned practices Competitive situations Strengths Areas for improvement Video analysis 	<ul style="list-style-type: none"> Technique Balance Coordination Power Accurate Static balance Dynamic balance Optimal Heart Rate Training Zone Flexibility Isometric Fatigue Circuit training Free weights Constant-resistance exercises Fixed resistance machines
Reading and Oracy	<ul style="list-style-type: none"> Access to sample assessment materials Modelled answers NGB rule books Group discussions 		
Numeracy	Scoring Systems	<ul style="list-style-type: none"> Calculating HR Repetitions Timing Sets 	

Opportunities						
Careers	Professional sports person, Official, Analyst, Media broadcaster, Coach/Manager, Physiotherapist, Nutritionist, Personal Trainer, Gym instructor, Grounds person, Sport Scientist Teacher, Safeguarding & Welfare lead, Activity Camps, First Aider Kit/equipment creator, Events manager Journalist, TV presenter, Sports Lawyer Photographer, Steward Security, Volunteers					
SMSC including British Values, Culture and Diversity	Using imagination and creativity in learning Recognising right and wrong and applying it Developing personal qualities and using social skills Understanding and appreciating personal influences					
Relationship and Sex Education and Health Education	Healthy active lifestyles – choices, side effects.	Healthy active lifestyles – choices, side effects.	Working with others to develop relationships	Working with others to develop relationships	Working with others to develop relationships	Healthy active lifestyles – choices, side effects.