

Sport Year 10

LEARNING BLOCK 1

KNOWLEDGE	<p>Unit 1 provides learners with the underpinning of knowledge and understanding required for health and fitness. Learners will develop their knowledge and understanding of the structure and function of the key body systems. They will also know and understand the short and long term effects that health and fitness activities has on the body.</p> <p>Students will recap all knowledge and understanding of the following:</p> <ul style="list-style-type: none"> Structure and function of body systems and how they apply to health and fitness Understand the effects of health and fitness activities on the body Understand health and fitness and the components of fitness Understand the principles of training
SKILLS	<p>Students will be able to adapt their own ideas and be able to respond to feedback. Students will be responsible for evaluating their own work in order to improve their own work to access higher grades. Students will be analysing data and making decisions that are essential for the health and fitness sector, such as evaluation skills, responding to data, independent working, working to deadlines, and efficient use of resources.</p>
ASSESSMENT	<p>For unit 1, students will be assessed via an external assessment in the form of a written examination in November. The examination is out of 80 marks and is 1 ½ hours long. The paper will include multiple choice questions, short answer question and questions requiring an extended response.</p>

LEARNING BLOCK 2

KNOWLEDGE	<p>Students will develop their knowledge and understanding to be able to prepare and plan for health and fitness. During this learning block students will be able to:</p> <ul style="list-style-type: none"> Understand the impact of lifestyle on health and fitness Understand how to test and develop components of fitness though investigating a number of fitness tests and evaluating their use for different clients
SKILLS	<p>Students will be able to adapt their own ideas and be able to respond to feedback. Students will be responsible for evaluating their own work in order to improve their own work to access higher grades. Students will be analysing data and making decisions that are essential for the health and fitness sector, such as evaluation skills, responding to data, independent working, working to deadlines, and efficient use of resources.</p>
ASSESSMENT	<p>For unit 2, students will be assessed via a synoptic assessment that is released in January 2021 (when in year 11). This allows learners to transfer their knowledge and skills in one context to another. Students will be required to solve problems and answer the scenario based on their knowledge of the course from the beginning.</p>

LEARNING BLOCK 3

KNOWLEDGE	Students will develop their knowledge and understanding to be able to prepare and plan for health and fitness. During this learning block students will be able to: Understand how to apply health and fitness analysis and set goals (using SMART targets) Understand how to structure a health and fitness programme and how to prepare safely.
SKILLS	Students will be able to adapt their own ideas and be able to respond to feedback. Students will be responsible for evaluating their own work in order to improve their own work to access higher grades. Students will be analysing data and making decisions that are essential for the health and fitness sector, such as evaluation skills, responding to data, independent working, working to deadlines, and efficient use of resources.
ASSESSMENT	For unit 2, students will be assessed via a synoptic assessment that is released in January 2021 (when in year 11). This allows learners to transfer their knowledge and skills in one context to another. Students will be required to solve problems and answer the scenario based on their knowledge of the course from the beginning.