

Subject: Sports BTEC Tech Award Level 2

Year group: 10

Department Curriculum Vision: *Students are **physically literate, passionate** about sport and understand the importance of **lifelong participation**. Students will be **confident individuals**, developing a variety of attributes that will enable them to excel in the classroom and beyond.*

	Autumn Term 1	Autumn Term 2
Content: (Know what...)	Component 1 - Preparing participants to take part in sport and physical activity Learning Aim A: Explore types and provision of sport and physical activity for different types of participant A1 - Types and providers of sport and physical activity A2 - Types and needs of participants A3 - Barriers to participation A4 - Methods to address barriers to participation Learning Aim B: Examine equipment and technology required for participants to use when taking part in sport and physical activity B1 - Different types of sports clothing and equipment required for participation B2 - Different types of technology and their benefits for participation and performance B3 - The limitations of using technology in sport and physical activity Component 3 - Developing fitness to improve other participants' performance in sport and physical activity Learning Aim A - Explore the importance of fitness for sports performance	Component 1 - Preparing participants to take part in sport and physical activity Learning aim C: be able to prepare participants to take part in sport and physical activity C1 - planning a warm up C2 - adapting warm-ups for different types of participants C3 - delivering a warm up Component 3 - Developing fitness to improve other participants' performance in sport and physical activity Learning Aim B - Investigate fitness testing to determine fitness levels

Skills: (know how...)	- Recall key terms - Define key terms - Apply knowledge of types and providers of sport to coursework context and questions - Identify types and needs of participants for different coursework context examples - Identify barriers to participation - Justify methods to overcome these barriers - Identify suitable types of clothing, equipment and technology for different sporting examples and participants - Explain the limitations of technology in sport and physical activity	- Recall key terms - Define key terms - Deliver a warm up confidently - Reflect on that warm up - Analyse how best to perform a warm up - Discuss the benefits of a warm up
Key vocabulary	Component 1 Learning aim A: National Governing Bodies, team and individual sports, outdoor activities, physical fitness activities, social, mental and physical benefits of exercise, public sector provision, private sector provision, voluntary sector provision, cost, access, time, personal barriers, cultural barriers Component 1 Learning aim B: Clothing, footwear, equipment, facilities, officiating equipment, performance analysis Component 3 Learning aim A: Muscular strength, muscular endurance, flexibility, aerobic endurance, body composition, speed, agility, balance, coordination, power, reaction time, frequency, intensity, time, type, specificity, progressive overload, reversibility, rest and	Component 1 Learning Aim C: Pulse raiser, mobiliser, stretches, cardiovascular system, musculoskeletal system, adaptation, sport-specific, best practice Component 3 Learning aim B: Practicality, Validity, reliability, calibration, multistage fitness test, harvard step test, 12-minute cooper run, one-minute press-up test, one-minute sit up test, timed plank test, sit and reach test, calf flexibility test, shoulder flexibility test, 30-metre sprint test, 30-metre flying sprint test, grip dynamometer, one rep maximum, body mass index, bioelectrical impedance analysis, waist to hip ratio, illinois agility run test, T-test, stork stand test, Y balance test, alternate-hand-wall-toss test, stick flip test, ruler drop test, vertical jump test, standing long jump, Margaria-Kalamen power test

	recovery, variation, individual needs, adaptability	
Mid Term Assessment	End of topic coursework mock assessment	End of topic coursework mock assessment
End Term Assessment	End of topic coursework mock assessment Component 3 - Topic test	End of topic coursework mock assessment Component 3 - Topic test
	Spring 1	Spring 2
Content: (Know what...)	Component 2 - Taking part and improving other participants' sporting performance Learning Aim A - Understand how different components of fitness are used in different physical activity A1 - components of physical fitness A2 - components of skill-related fitness Learning Aim B - Be able to participate in sport and understand the roles and responsibilities of officials B1 - techniques, strategies and fitness required for different sports B2 - key officials and roles B3 - NGB's, key rules and regulations Component 3 - Developing fitness to improve other participants' performance in sport and physical activity Learning Aim C - Investigate different fitness training methods	Component 2 - Taking part and improving other participants' sporting performance Learning Aim C - Demonstrate ways to improve participants sporting techniques C1 - Planning drills and conditioned practices to develop participants' sporting skills C2 - Drills to improve sporting performance Component 3 - Developing fitness to improve other participants' performance in sport and physical activity Learning Aim D - Investigate fitness programming to improve fitness and sports performance

Skills: (Know how...)	- Recall key terms - Define key terms - Deliver a warm up confidently - Reflect on that warm up - Analyse how best to perform a warm up - Discuss the benefits of a warm up	- Apply knowledge to coursework context and assessment - Deliver a warm up - Meet deadlines
Key vocabulary	Component 2: Muscular strength, muscular endurance, flexibility, aerobic endurance, body composition, speed, agility, balance, coordination, power, reaction time, basic skills, complex skills, open skills, closed skills, self-paced skills, externally paced skills, strategy, tactics, isolated practice, officials, rules and regulations Component 3 Learning Aim C: Continuous, fartlek, interval, circuit, static, passive, PNF, provision, hypertrophy, adaptations	Component 2: Conditioned, isolation, passive, active, organisation Component 3 Learning Aim D: Aim, objective, intrinsic, extrinsic, motivation, SMARTER
Mid Term Assessment	End of topic coursework mock assessment	End of topic coursework mock assessment
End Term Assessment	End of topic coursework mock assessment Component 3 - Topic test	End of topic coursework mock assessment Component 3 - Topic test
	Summer 1	Summer 2
Content:	Component 2 - Taking part and improving other participants' sporting performance	Component 2 - Taking part and improving other participants' sporting performance

(Know what...)	Learning Aim A - Understand how different components of fitness are used in different physical activity A1 - components of physical fitness A2 - components of skill-related fitness Component 3 - Developing fitness to improve other participants' performance in sport and physical activity B2 - Fitness test methods - physical components B3 - Fitness test methods - skill-related components B4 - Interpretation of fitness test results	Learning Aim B - Be able to participate in sport and understand the roles and responsibilities of officials B1 - techniques, strategies and fitness required for different sports B2 - key officials and roles B3 - NGB's, key rules and regulations Component 3 - Developing fitness to improve other participants' performance in sport and physical activity C1 - Requirement for each of the following fitness training methods C2 - Fitness training methods - physical components C3 - fitness training methods - skill-related components
Skills: (Know how...)	- Recall key terms - Define key terms - Describe fitness test methods - Interpret fitness test results	- Recall key terms - Define key terms - Use own sporting knowledge to apply content to - Explore methods of training
Key vocabulary	Component 2: Muscular strength, muscular endurance, flexibility, aerobic endurance, body composition, speed, agility, balance, coordination, power, reaction time Component 3: Multistage fitness test, harvard step test, 12-minute cooper run, one-minute press-up test, one-minute sit up test, timed plank test, sit and reach test, calf flexibility test, shoulder flexibility test, 30-metre sprint test, 30-metre flying sprint test, grip dynamometer, one rep maximum, body mass index, bioelectrical impedance analysis, waist to hip ratio, illinois agility run test, T-test, stork stand test, Y balance test,	Component 2: Basic skills, complex skills, open skills, closed skills, self-paced skills, externally paced skills, strategy, tactics, isolated practice, officials, rules and regulations Component 3: Warm up, continuous training, fartlek training, interval training, circuit training, PNF technique, free weights, resistance machines, acceleration sprints, resistance drills, SAQ, plyometrics

	alternate-hand-wall-toss test, stick flip test, ruler drop test, vertical jump test, standing long jump, Margaria-Kalamen power test	
Mid Term Assessment	End of topic coursework mock assessment	End of topic coursework mock assessment
End Term Assessment	End of topic coursework mock assessment Component 3 - Topic test	End of topic coursework mock assessment Component 3 - Topic test
Additional information		
Homework	Coursework and exam style questions. Revision resources Research based homework on relevant topics	
Extra curricular and enrichment opportunities	Extra-curricular clubs and team sports will contribute to Component 2 grade	
Useful links that will support learning	Specification - Pearson BTEC Level 1/Level 2 Tech Award in Sport 2022 Issue 3 BTEC Tech Award in Sport: Exam Practice Workbook Pearson Revise BTEC Tech Award Sport Revision Guide (2022)	
How parents can support learning	Monitor Show my Homework to support students with their organisation of homework. Support and motivate students with coursework and deadlines, echo importance of completing all coursework to a high standard Support students with revision (flash cards, mind maps, questions etc) Encourage your child to remain physically active and attend PE extra curricular opportunities.	