

**Year 10 – BTEC Sport**

<b>Curriculum intent</b>	To introduce learners to BTEC First in Sport, learners will experience a wide range of topics covered across the course of 4 units. Learners will have be assessed on their theory and practical abilities through rigorous internal and external assessments. Learners will be required to perform in at least two practical sports, plan and deliver high quality sports coaching sessions as well as completing internal assignments and an external examination.					
<b>Term</b>	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Knowledge</b>	<p>Unit 1 - Components of Fitness &amp; Methods of Training</p> <p>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.</p>	<p>Unit 1 - Principles of Training Fitness Testing and Data.</p> <p>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</p>	<p>Unit 2 - Practical Sports. Rules &amp; Regulations of Sport. Scoring Systems. Impact of Regulations for Sport.</p> <p>Learners will investigate the rules and regulations of a sport and apply the knowledge gained through observing officials in action. Learners might also decide to take part in national governing body coaching and leadership awards to reinforce and</p>	<p>Unit 2 - Practical demonstration of skills, techniques and tactics required in chosen sports.</p> <p>Learners will take part in a variety of sports. These may be sports in which you excel or have a particular interest. You are required to demonstrate the skills, techniques and tactics within each of the sports selected for assessment.</p>	<p>Unit 2 - Analysis and review of practical performance.</p> <p>Learners will review their performance in the sports they completed. This review will look at the strengths and areas for development within their own performance. Learners will also be encouraged to consider plans to develop their</p>	<p>Unit 3 - Introduction of Principles of Training Unit.</p> <p>Learners must select one component of fitness and one method of training that is most appropriate, beneficial and engaging to improve their fitness for their chosen activity/sport.</p> <p>This unit supports learners in achieving personal training goals. Learners will develop a training programme to</p>



			extend your knowledge and qualifications in this area.		performance within the selected sports.	maintain or improve fitness levels, while providing the opportunity to safely explore other training method. Learners will also explore how the body responds to the training sessions.
<b>Skills</b>	<p>Learners will have the opportunity to apply their knowledge, skills and understanding in the context of future development.</p> <p>Interpret and compare data linked to fitness testing.</p>	<p>Interpret normative published data.</p> <p>Analyse and evaluate data and performance in fitness testing.</p> <p>Make justified comparisons using their data and that or national averages. Identifying areas for improvement.</p>	<p>Compare and contrast the roles and responsibilities of officials from two selected sports, suggesting valid recommendations for improvement to the application of rules, regulations and scoring systems for each sport.</p>	<p>Practical demonstration of skills, techniques and tactics in a minimum of two selected sports.</p> <p>Demonstrate relevant skills, techniques and tactics effectively, in two selected sports, in competitive situations.</p>	<p>Analysis and review techniques.</p> <p>Reflection on own performance.</p> <p>Analyse strengths and areas for improvement in two selected sports, justifying recommended activities to improve own performance.</p>	<p>Knowledge recall. Application of specific training principles linked to various components of fitness and methods of training.</p> <p>Design a safe six-week personal fitness training programme to meet an activity/sport goal which meets the needs of the individual, showing creativity in the design.</p>

<b>Assessments</b>	Unit 1 – Fitness for Sport and Exercise. External Assessment/ Initial attempt. December.	Unit 1 – Fitness for Sport and Exercise. External Assessment/ Initial attempt. December.	Unit 2 – Practical Sport. Learning Aim A Assignment.	Unit 2 – Practical Sport. Learning Aim B Assignment.	Unit 2 – Practical Sport. Learning Aim C Assignment.	Informal assessment to check knowledge and content recall.
<b>Enrichment</b>	Revision Club Exam Booster Session Targeted extra-curricular practical for year 9 recovery.	Revision Club Exam Booster Session Targeted extra-curricular practical for year 9 recovery.	Practical Extra Lesson within Extra Curricular Timetable specifically for BTEC learners.	Practical Extra Lesson within Extra Curricular Timetable specifically for BTEC learners.	Assignment Workshop – after school session. Targeted extra-curricular practical for year 9 recovery.	Assignment Workshop – after school session. Targeted extra-curricular practical for year 9 recovery.



**Rayner Stephens**  
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