

# Y10 BTEC SPORT - CURRICULUM SEQUENCE GRID

Year 11	Term 1	Term 2	Term 3
<b>Unit(s)</b> (Tablet in 39week plan)	<b>Component 3</b> Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity	<b>Component 3</b> Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity	<b>Revision</b> Exam usually end of may/ beginning of June.
<b>Key Retainable Knowledge and Skills</b> (Required for Y11/13) <ul style="list-style-type: none"> <li>• What...</li> <li>• How....</li> <li>• Why....</li> </ul>	<b>Delivered practically through personal exercise programme:</b> <b>A1</b> The importance of fitness for successful participation in sport <b>A2</b> Fitness training principles <b>A3</b> Exercise intensity and how it can be determined  <b>B1</b> Importance of fitness testing and requirements for administration of each fitness test <b>B2</b> Fitness test methods for components of physical fitness <b>B3</b> Fitness test methods for components of skill-related fitness  <b>C1</b> Fitness Training requirements <b>C2</b> Physical Fitness Training Methods <b>C3</b> Skill-related Training Methods <b>C4</b> Additional requirements Fitness Training <b>C5</b> Provision for fitness training methods	<b>C1</b> Fitness Training requirements <b>C2</b> Physical Fitness Training Methods <b>C3</b> Skill-related Training Methods <b>C4</b> Additional requirements Fitness Training <b>C5</b> Provision for fitness training methods <b>C6</b> Effects of long term training on body  <b>D1/2</b> Personal Info/ F. programme design <b>D3</b> Fitness Motivational Techniques  <b>B4</b> Interpretation of fitness test results  Revision of: <b>A1</b> The importance of fitness for successful participation in sport <b>A2</b> Fitness training principles <b>A3</b> Exercise intensity and how it can be determined  <b>B1</b> Importance of fitness testing and requirements for administration of each fitness test <b>B2</b> Fitness test methods for components of physical fitness <b>B3</b> Fitness test methods for components of skill-related fitness	Revision of all areas of the course.

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<b>Substantive knowledge</b> (To be modelled and deliberately practiced in context.)	Components of Physical fitness, skill related fitness Principles of training FITT, Additional Principles of training SPORT Intensity, target zones, training thresholds, BORG RPE, Heart rate 1RM, technology, Fitness testing, pre test procedures,	Components of Physical fitness, skill related fitness Principles of training FITT, Additional Principles of training SPORT Intensity, target zones, training thresholds, BORG RPE, Heart rate 1RM, technology, Fitness testing, pre test procedures,	
<b>Opportunities for Reading</b>	<b>BTEC Tech Award 2022 Sport Student Book</b>  <b>ISBN:9781292444581</b>	<b>BTEC Tech Award 2022 Sport Student Book</b>  <b>ISBN:9781292444581</b>	
<b>Developing Cultural Capital</b> (exposure to very best- essential knowledge and skills of educated citizens – appreciation of human creativity and achievement.)	Understanding and designing a personal exercise programme specific to their own needs.	Skills learnt through this unit are; understanding of self and personal thresholds and how their body reacts to exercise. Knowing how to develop own fitness and the adaptations required throughout. Developing problem solving and organisational skills.	
<b>Strategies to engage and maximise achievement of PP learners</b>	Teacher awareness of individual IEPs, appropriate grouping plans to ensure full support of PP learners, developing effective teacher/student relationships. Seek opportunities to publicly celebrate achievements of students.	Teacher awareness of individual IEPs, appropriate grouping plans to ensure full support of PP learners, developing effective teacher/student relationships. Seek opportunities to publicly celebrate achievements of students.	
<b>Cross Curricular Links</b> (Authentic Connections with other curriculum)	<b>Science (Biology):</b> Anatomical and Physiological composition of human body and responses to exercise. <b>Life Skills:</b> The impact on the human body of active lifestyles vs sedentary lifestyles. <b>Maths:</b> Percentages within training pyramid – calculation of training threshold. Collation of results in fitness testing.	<b>Science (Biology):</b> Anatomical and Physiological composition of human body and responses to exercise. <b>Life Skills:</b> The impact on the human body of active lifestyles vs sedentary lifestyles. <b>Maths:</b> Percentages within training pyramid – calculation of training threshold. Collation of results in fitness testing. <b>ICT:</b> Completion of assignments using outlook 365. Independent research opportunities.	

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	<b>ICT:</b> Completion of assignments using outlook 365. Independent research opportunities.		
<b>Key Assessments</b>	Internal assessments after each unit has been taught.	Internal assessments after each unit has been taught.	<b>Component 3 exam</b> usually end of May