

Y10 BTEC SPORT - CURRICULUM SEQUENCE GRID

Year 10	Term 1	Term 2	Term 3
Unit(s) (Tablet in 39week plan)	Component 1 Preparing Participants to Take Part in Sport and Physical Activity	Component 2 Taking Part and Improving Other Participants Sporting Performance	Component 3 Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity
Key Retainable Knowledge and Skills (Required for Y11/13) <ul style="list-style-type: none"> • What... • How.... • Why.... 	<p>A1 Types and providers of sport and physical activities A2 Types and needs of sport and physical activity participants A3 Barriers to participation in sport and physical activity for different types of participant A4 Methods to address barriers to participation in sport and physical activity for different types of participant</p> <p>B1 Different types of sports clothing and equipment required for participation in sport and physical activity B2 Different types of technology and their benefits to improve sport and physical activity participation and performance B3 The limitations of using technology in sport and physical activity</p> <p>C1 Planning a warm-up C2 Adapting a warm-up for different categories of participants and different types of physical activities C3 Delivering a warm-up to prepare participants for physical activity</p>	<p>A1 Components of physical fitness A2 Components of skill-related fitness</p> <p>B1 Techniques, strategies and fitness required for different sports B2 Officials in sport B3 Rules and regulations in sports</p> <p>C1 Planning drills and conditioned practices to develop participants' sporting skills C2 Drills to improve sporting performance</p>	<p>A1 The importance of fitness for successful participation in sport A2 Fitness training principles A3 Exercise intensity and how it can be determined</p> <p>B1 Importance of fitness testing and requirements for administration of each fitness test B2 Fitness test methods for components of physical fitness B3 Fitness test methods for components of skill-related fitness</p> <p>Complete the rest of B, C, D in Y11</p>
Key Technical Vocabulary (To be modelled and deliberately practiced in context.)	Provision, public/ private/voluntary, sectors, advantages/ disadvantages. Physical/social/mental needs Barriers to participation; cost/access/time/ personal/ cultural Equipment, technology, limitations	Components of Physical fitness, skill related fitness Skills, strategies, isolated practice, competitive situation, passive/active defenders Officials; referees, umpires, lines men etc roles and responsibilities	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,

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	Warm up, Pulse Raiser, mobiliser, preparation stretch Cardiorespiratory System, Musculoskeletal system Organisation, supporting participants	Rules and regulations Drills, conditioned practices, demonstration, teaching points	
Opportunities for Reading	BTEC Tech Award 2022 Sport Student Book ISBN:9781292444581	BTEC Tech Award 2022 Sport Student Book ISBN:9781292444581	BTEC Tech Award 2022 Sport Student Book ISBN:9781292444581
Developing Cultural Capital (exposure to very best- essential knowledge and skills of educated citizens – appreciation of human creativity and achievement.)	Skills learnt through this unit are; developing communication and listening skills, sharing ideas, improving confidence and resilience, celebrating success and setting targets, developing knowledge of how there body's work. Students will also gain an understanding of how the body's musculoskeletal and cardiorespiratory systems respond to exercise. An awareness of the benefits of physical activity on bones, muscles, joints, heart, lungs and blood vessels is also developed. Consideration of how this may impact on individual lifestyles is also provided.	Skills learnt through this unit are; developing communication and listening skills, sharing ideas, improving confidence and resilience, celebrating success and setting targets, developing knowledge of how there body's work.	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.
Strategies to engage and maximise achievement of PP leaners	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.	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.

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<p>Cross Curricular Links (Authentic Connections with other curriculum)</p>	<p>Science: Biological changes to the body during exercise. Cardiorespiratory demands of the body during training. Bones and Muscle location.</p> <p>English: Formulating longer answers for higher order thinking questioning – using correct terminology, essay structure. Analysis of question words; analyse, explain, describe, evaluate.</p> <p>Mathematics: Understanding how Heart Rate, Stroke Volume, Cardiac Output, Tidal Volume and Minute Volume change in response to exercise.</p> <p>ICT: Completion of assignments using outlook 365. Independent research opportunities.</p> <p>Life skills: Healthy Lifestyle</p>	<p>Science: Biological changes to the body during exercise. Cardiorespiratory demands of the body during training. Bones and Muscle location.</p> <p>English: Formulating longer answers for higher order thinking questioning – using correct terminology, essay structure. Analysis of question words; analyse, explain, describe, evaluate.</p> <p>Mathematics: Understanding how Heart Rate, Stroke Volume, Cardiac Output, Tidal Volume and Minute Volume change in response to exercise.</p> <p>ICT: Completion of assignments using outlook 365. Independent research opportunities.</p> <p>Life skills: Healthy Lifestyle</p>	<p>Science (Biology): Anatomical and Physiological composition of human body and responses to exercise.</p> <p>Life Skills: The impact on the human body of active lifestyles vs sedentary lifestyles.</p> <p>Maths: Percentages within training pyramid – calculation of training threshold. Collation of results in fitness testing.</p> <p>ICT: Completion of assignments using outlook 365. Independent research opportunities.</p>
<p>Key Assessments</p>	<p>Week 5 PSA Release Week 6 Trial PSA Week 10 PSA Practical assessment Week 11 PSA theory assessment Week 12 Teacher assessments Week 14 Grade Submission/ Digital Learner Work Transfer</p>	<p>Week 17/18 Trial PSA Week 20 PSA Release Week 24 Theory Assessment Week 25 practical Assessment Week 26 Teacher Assessments</p> <p>Term 3 Week 28 Grade Submission/ Digital Learner Work Transfer</p>	<p>Term 3 – Component 2 Week 28 Grade Submission/ Digital Learner Work Transfer</p> <p>Component 3 exam in January of Y11 Internal assessments to be decided – after each unit.</p>