

Subject: BTEC Sport Tech Award Year: 10 Ability:

Term / Date(s)	Component 1 Learning Aim A	Component 1 Learning Aim B	Component 1 Learning Aim C	Component 2 Learning Aim B	Component 2 Learning Aim C	Component 2 Learning Aim A
Topic	Explore types and provision of sport and physical activity for different types of participants.	Examine equipment and technology required for participants to use when taking part in sport and physical activity	Be able to prepare participants to take part in sport and physical activity.	Be able to participate in sport and understand the roles and responsibilities of officials	Demonstrate ways to improve participants sporting techniques.	Understand how different components of fitness are used in different physical activities
Topic overview	Students will learn and explore the different types and provision of sport and physical activities.	Students will learn the different types of equipment used to take part in sport and physical activities.	Student will learn about the warm-up process that is required to prepare the body to take part in physical activity.	Students will learn and demonstrate the skills and strategies required to be able to participate effectively in isolated practices and competitive situations for a selected sport.	Students will learn how to work with sports participants to help to improve their sporting skills.	Students will learn each of the components of physical and skill-related fitness.
Pupils will learn...	<p>Students will learn the advantages and disadvantages of different sectors that provide sport and physical activities.</p> <p>Students will also learn about the different characteristics of participants and how providers will aim to engage them in sports and physical activities.</p>	<p>Students will also explore the different technology available for participation in different sport and physical activities.</p> <p>Students will learn about the benefits and limitations of technology for sport and physical activity participation.</p>	<p>Students will learn the responses of the cardiorespiratory and musculoskeletal systems at each stage of the warm-up.</p> <p>Students will learn how to plan and deliver warm-ups for different physical activities and for different types of participants.</p>	<p>Students will learn the different roles of officials for a selected sport and will understand the responsibilities associated with each of these roles.</p> <p>Students will learn the key rules of a selected sport and understand how these may be applied in different situations</p>	<p>Students will learn how to demonstrate techniques and provide clear teaching points to help to develop participants technique to perform sports skills.</p> <p>Students will learn how to plan and deliver different drills and conditioned practices to develop specific sports skills of other participants.</p>	<p>Students will learn how to apply the understanding of the components to team sports, individual sports, outdoor activities and physical fitness activities.</p> <p>Students will learn how the components of fitness impact on performance and how components of fitness can be trained.</p>

Subject: BTEC Sport Tech Award Year 11

Term / Date(s)	Component 3 LAA1 & LAC1-C5	Component 3 LAA3, A2	Component 3 LAC6	Component 3 LAB	Component 3 – LAD1-D3	Component 3 LAA, LAB, LAC
Topic	Components of fitness and methods of training	Exercise Intensity and principles of training	Long term effects of exercise on the body	Reliability and validity of fitness testing	Fitness programming and motivational techniques.	Exam techniques
Topic overview	Students will learn the Importance of fitness for successful participation in sports.	Students will learn how heart rates and target zones are used to determine the intensity of exercise	Students will learn the long-term effects of different training methods on the body systems.	Students will learn how to conduct fitness tests for different components of fitness and how to evaluate their effectiveness	Students will learn how to plan a fitness programme in order to improve the fitness levels and performance of an individual.	Students will revisit key topics identified in end of topic assessments to consolidate their understanding of that topic.
Students will learn...	Students will learn the importance of various skill and physical components of fitness in sport	Students will learn the basic and additional principles of training and how they are used to ensure training is effective.	Students will learn how adaptations to the body systems lead to an improvement of specific components of fitness and ultimately, how they improve performance.	Students will learn the validity and reliability issues that come with conducting fitness tests and make suggestions on how to make testing more reliable and accurate.	Students will learn how different people are motivated to perform in sport and use this knowledge within their fitness programmes.	Students will develop comprehension skills in order to read and answer exam style questions.
	Students will learn how the methods of training are used by athletes to improve sport performance.					Students will learn how to structure extended answers for 6–8-mark questions in order to maximise their marks.