

Curriculum Overview – Year 10 BTEC Sport

Unit Title	Learning	How can parents best support?
<p>Half term 1 -</p> <p><u>Unit 1 Fitness and training</u></p> <p>Learning aim A: Know about the components of fitness and the principles of training</p>	<ul style="list-style-type: none"> Learn about the components of physical fitness and skill related fitness including: <ul style="list-style-type: none"> Key definitions Alternative names for the components Understand why fitness components are important for successful participation in different sports. Understand what exercise intensity is and how it can be determined. Learn about the basic principles of training and the additional principles of training 	<p>Encourage your child to work on coursework at home and meet all deadlines set.</p> <p>Follow our department twitter account for regular updates @TSA_pedept</p> <p>Useful resources: https://qualifications.pearson.com/en/qualifications/btec-firsts/sport-2012-nqf.resources.html#filterQuery=category:Pearson-UK:Publisher%2FPearson</p> <p>https://www.breakthroughbasketball.com/basics/basics.html</p>
<p>Half term 2 –</p> <p><u>Unit 1 Fitness and training</u></p> <p>Learning aim B: Explore different fitness training methods</p>	<ul style="list-style-type: none"> Learn about the requirements for each of the fitness training methods. Understand the additional requirements for each of the fitness training methods. 	<p>https://www.fiba.basketball/basic-rules</p> <p>https://www.roundersengland.co.uk/play/rounders-rules/</p> <p>Key documentation can be found on: https://qualifications.pearson.com/content/dam/pdf/BTEC-</p>

<p>Half term 3</p> <p><u>Unit 1 Fitness and training</u></p> <p>Learning aim C: Investigate fitness testing to determine fitness levels</p>	<ul style="list-style-type: none"> • Investigate fitness testing to determine fitness levels • Learn about the importance of fitness testing to sports performers and coaches • Understand and apply the requirements for the administration of each of the fitness tests. • Be able to interpret fitness test results using normative data. 	<p>Firsts/Sport/2012/Specification-and-sample-assessments/9781446936368_BTECFIRST_AWD_SPORT_SPEC_ISS4.pdf</p>
<p>Half term 4</p> <p><u>Unit 2: Practical Sport</u></p> <p>Regulations, rules and scoring.</p>	<p>For Rounders</p> <ul style="list-style-type: none"> • Know the regulations of each sport including kit, equipment, officials, length of game, health and safety, surface area/dimensions. • Know the rules as regulated by the national or international governing body • Know the scoring systems used • Know how to apply the rules in different situations that occur in a game 	

<p>Half term 4</p> <p><u>Unit 2: Practical Sport</u></p> <p>Officials</p>	<p>For Rounders:</p> <ul style="list-style-type: none"> • Know the roles of officials for each sport e.g. referee, umpire, scorer, time keeper. • Know the responsibilities of officials for each sport including: appearance, qualifications, fitness, skills required, accountability for health and safety and fair play. 	
<p>Half term 5</p> <p><u>Unit 2: Practical Sport</u></p> <p>Technical and tactical demands</p>	<p>For Rounders:</p> <ul style="list-style-type: none"> • Demonstrate skills, techniques and tactics during: <ul style="list-style-type: none"> - Isolated practices - Conditioned practices - Competitive situations • Produce as set of coaching cards for each sport 	

<p>Half term 6</p> <p><u>Unit 2: Practical Sport</u></p> <p>Review sports performance</p>	<p>For Rounders:</p> <ul style="list-style-type: none">• Know how to produce observation checklist to help self-analyse performance• Strengths and areas for improvement in each sport• Know activities that can be used to improve future performance	
---	--	--