

## Curriculum Overview – Year 10 BTEC Sport

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

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

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

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