

	Year 10	Year 11
Cycle 1	<p>Component 1 – Preparing Participants to Take Part in Sport and Physical Activity <u>Learning outcome, A</u> – <i>To explore types and provision of sport and physical activity for different types of participants</i></p> <ul style="list-style-type: none"> • Introduction to BTEC sport • The types of sports, physical fitness activities and outdoor adventurous activities • The different types of provision of sport and physical activity • The types and needs of sport and physical activity participants • Potential barriers to participation in sport and physical activity for different types of participants • The different methods/solutions to address barriers to participation in sport and physical activity for different types of participants <p>Component 1 - <u>Learning outcome B</u> <i>To examine equipment and technology required for participants to use when taking part in sport and physical activity.</i></p> <ul style="list-style-type: none"> • The different types of sports clothing and equipment required for participation in sport and physical activity • The different types of technology used in sport and physical activity • The benefits of using technology to improve sport and physical activity participation and performance • The limitations of using technology in sport <p>Component 1 – <u>Learning outcome C</u> <i>To be able to prepare participants to take part in sport and physical activity</i></p> <ul style="list-style-type: none"> • The types of activities included in a warmup • To be able to understand how the cardiovascular and musculoskeletal systems respond to each component of a warmup 	<p>Component 2 – <u>Learning outcome C</u></p> <ul style="list-style-type: none"> • Drills to improve sporting performance <p>Summative assessment component 2– supervised conditions to complete the 4 coursework tasks for component 1 (LOA, LOB and LOC)</p> <p>Component 3 – Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity <u>Learning outcome, A-</u> <i>To explore the importance of fitness for sports performance</i></p> <ul style="list-style-type: none"> • The importance of fitness for successful participation in sport • Fitness training principles • Exercise intensity and how it can be determined <p>Mock external assessment</p> <p>Component 3 – <u>Learning outcome B</u> <i>To investigate fitness testing to determine fitness levels</i></p> <ul style="list-style-type: none"> • Importance of fitness testing and requirements for administration of each fitness test • Fitness test methods for components of physical fitness • Interpretation of fitness test results

<p>Cycle 2</p>	<p>Component 1 – <u>Learning outcome C</u></p> <ul style="list-style-type: none"> Adapting a warmup for different categories of participants Delivering a warmup to prepare participants for physical activity <p>Summative assessment component 1 – supervised conditions to complete the 3 coursework tasks for component 1 (LOA, LOB and LOC)</p> <p>Component 2 – Taking Part and Improving Other Participants Sporting Performance <i>Learning outcome, A - To understand how different components of fitness are used in different physical activities.</i></p> <ul style="list-style-type: none"> Components of physical fitness -Aerobic endurance, muscular endurance, muscular strength, speed, flexibility, and body composition Components of skill-related fitness – Power, agility, reaction time, balance. 	<p>Component 3 - <u>Learning outcome C</u> <i>To investigate different fitness training methods</i></p> <ul style="list-style-type: none"> Requirements for each of the following fitness training methods Fitness training methods for physical components of fitness Fitness training methods for skill related components of fitness Additional requirements for each of the following fitness training methods Provision for taking part in fitness training methods The effects of long-term fitness training on the body systems <p>Mock external assessment</p> <p>Component 3 – <u>Learning outcome D</u> <i>To investigate fitness programming to improve fitness and sports performance</i></p> <ul style="list-style-type: none"> Personal information to aid training fitness programme design Fitness programme design Motivational techniques for fitness programming
<p>Cycle 3</p>	<p>Component 2 – <u>Learning outcome A</u></p> <ul style="list-style-type: none"> Components of skill-related fitness – coordination Potential impact on sporting performance – sporting examples <p>Component 2 – <u>Learning outcome B</u> <i>To be able to participate in sport and understand the role and responsibilities of officials</i></p> <ul style="list-style-type: none"> The techniques, strategies and fitness required for different sports Officials in sport Rules and regulations in sports Practical officiating <p>Component 2 – <u>Learning outcome C</u> <i>To demonstrate ways to improve participants techniques</i></p> <ul style="list-style-type: none"> Planning drills and conditioned practices to develop participants sporting skills Drills to improve sporting performance 	<p>Mock external assessment</p> <ul style="list-style-type: none"> Revision and exam techniques for Component 3 external exam (exam conditions in the sports hall). This will cover LOA, LOB, LOC and LOD from component 3, but knowledge from other components will need to be drawn upon.