

# Bellerive FCJ Catholic College



Department: BTEC Tech Level 1 and 2 Sport

Year Group: 10

Term	Learning Focus	Key Knowledge and Skills	Assessment	Challenge and Enrichment
Autumn term	<b>Component 1- Preparing Participants to Take Part in Sport and Physical Activity</b>	<p><b><u>Component 1</u></b> Learning outcomes:  <b>A- Explore types and provision of sport and physical activity for different types of participant</b>  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><b>B-Examine equipment and technology required for participants to use when taking part in sport and physical activity</b>  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><b>C-Be able to prepare participants to take part in sport and physical activity.</b>  C1 Planning a warm-up  C2 Adapting a warm-up for different categories of participants and different types of physical activities</p>	Assessments of learning outcomes A-C based on a set example scenario from past papers	<p>Extracurricular clubs for a wide range of sports and activities</p> <p>Opportunities to take part in competitions at different levels :</p> <ul style="list-style-type: none"> <li>• Local city</li> <li>• Local LSSP</li> <li>• County</li> </ul> <p>Opportunities to assist with extracurricular clubs for KS3 students</p> <p>Opportunity to take part in a sports leaders programme and gain a Level 1 multi skills qualification and first aid certificate</p> <p>Research into sports provisions in the local area</p> <p>Research into different types of sports, outdoor activities and fitness activities</p> <p>Research into equipment and technology for different sports and activities</p>

		C3 Delivering a warm-up to prepare participants for physical activity		
Spring term	<b>Component 1</b>	Build upon knowledge and understanding of learning outcomes A-C Be able to apply knowledge and understanding to Pearson set assignment	<b>Component 1:</b> Non-exam internal assessment set by Pearson	
Summer term	<b>Component 2 Taking Part and Improving Other Participants Sporting Performance</b>	<u><b>Component 2</b></u> <b>A-Understand how different components of fitness are used in different physical activities</b> A1 Components of physical fitness A2 Components of skill-related fitness  <b>B-Be able to participate in sport and understand the roles and responsibilities of officials</b> B1 Techniques, strategies and fitness required for different sports B2 Officials in sport B3 Rules and regulations in sports  <b>C-Demonstrate ways to improve participants sporting techniques</b> C1 Planning drills and conditioned practices to develop participants' sporting skills C2 Drills to improve sporting performance	Assessments of learning outcomes A and B based on a set example scenario from past papers	