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| **Curriculum Plan for Parents – Year 10** |

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| **Subject** | Physical Education (BTEC Sport) | **Contact Person** | A.Maddocks |

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| **Half term and topic** | **Your child will learn....** | **Key Homework** | **Assessment** |
| Autumn 1 | **Fitness for Sport and Exercise**  Topic A.1 Components of physical fitness:  Topic A.2 Components of skill-related fitness:  Topic A.3 Why fitness components are important for successful  participation in given sports.  Topic A.4 Exercise intensity and how it can be determined.  Topic A.5 The basic principles of training (FITT).  Topic A.6 Additional principles of training. | Research components of physical and skill related fitness.  Produce powerpoint for FITT and Principles of Training. | UNIT 1: Fitness for Sport and Exercise.  Practice online test questions. |
| Autumn 2 | **Fitness for Sport and Exercise**  Topic B.1 Requirements for each of the following fitness training  Methods.  Topic B.2 Additional requirements for each of the fitness training  Methods.  Topic C.1 Fitness test methods for components of fitness.  Topic C.2 Importance of fitness testing to sports performers and coaches.  Topic C.3 Requirements for administration of each fitness test.  Topic C.4 Interpretation of fitness test results | Devise warm up and cool down for sport of choice. | UNIT 1: Fitness for Sport and Exercise.  Practice online test questions.  Mock Assessment.  Online examination |
| Spring 1 | **Practical Sport**  *Skills and techniques:* required to perform the sport effectively  *Tactics:* eg defensive, offensive, set plays, formations, marking, communication  *Sports:* team, adapted team sports and individual  *Recording evidence:* eg diary, logbook, portfolio, video, audio, observation record, witness testimony,  feedback sheets | Practical sport logbook | UNIT 2, ASSIGNMENT1: Practical Diaries |
| Spring 2 | **Practical Sports Performance**  *Rules:* rules (or laws) applied by the national or international governing body for the sport  *Regulations:* eg players and participants, equipment, playing surface, facilities, health and safety, time, officials  *Scoring systems*  *Roles:* eg umpire, referee, timekeeper,  *Responsibilities:* eg appearance, equipment, fitness, application of rules, control of players, health and safety | Leaflet: Rules, regulations and scoring systems for a *team* sport (including roles and responsibilities of umpires/officials)  Leaflet: Rules, regulations and scoring systems for an *individual* sport (including roles and responsibilities of umpires/officials) | UNIT 2, ASSIGNMENT 2:  Rules, Regulations and Scoring Systems for a Team Sport and an Individual Sport and the Roles and Responsibilities of Umpires/Officials |
| Summer 1 | **Practical Sports Performance**  *Performance:* eg specific to sport using statistics and data; scoring and conceding, time, distance, height, passes, interceptions etc.  *Analysis:* observation checklist; strengths and areas for improvement  *Review:* feedback eg from participants, supervisors, peers, observers  *Improvements:* short-term and long-term goals | N/A | UNIT 2, ASSIGNMENT 3:  Performance Analysis of an Individual or Team, in One Individual Sport or One Team Sport. Review of Own Performance in an Individual or Team Sport |
| Summer 2 | **Leading Sports Activities**  *Skills* of effective leaders  *Qualities* of effective leaders  *Responsibilities* of effective leaders  *How to plan an activity session*  *How to lead an activity session*    *Recording:* eg diary, logbook, portfolio, video, audio, observation record, witness testimony, feedback  Sheets  *Review:* feedback (from participants, supervisor and observers)  *Set targets for improvement and development:* SMART | Session plan  Session evaluation | UNIT 6, ASSIGNMENT 1: Skills, Qualities and Responsibilities of Sports Leaders  UNIT 6, ASSIGNMENT 2:  Plan, Lead and Review a Sports Activity |