

Curriculum Overview Templates– Holly Lodge Girls’ College

Year 11		
Component 2: Taking Part and Improving Other Participants Sporting Performance (September – December)		
Title	Curriculum content	Assessment
Understand how different components of fitness are used in different physical activities	<ul style="list-style-type: none"> • Components of physical Fitness • Components of skill-related fitness 	DIRT Person Set Assignments (PSA's) Assessment windows September - December & January - May
Be able to participate in sport and understand the roles and responsibilities of officials	<ul style="list-style-type: none"> • Techniques, strategies and fitness required for different sports • Officials in sport • Rules and regulations in sport 	
Demonstrate ways to improve participants sporting techniques	<ul style="list-style-type: none"> • Planning drills and conditioned practices to develop participants’ sporting skills • Drills to improve sporting performance 	
Component 3 Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity (January – May)		
Title	Curriculum Content	Assessment
Explore the importance of fitness for sports performance	<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 	DIRT Mock questions and mock exam during teaching and learning. BTEC external exam
Investigate fitness testing to determine fitness levels	<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 	

	<ul style="list-style-type: none"> • Fitness test methods for components of skill-related fitness • Interpretation of fitness test results 	
Investigate different fitness training methods	<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 fitness training methods • Provision for taking part in fitness training methods • The effects of long-term fitness training on the body systems 	
Investigate fitness programming to improve fitness and sports performance	<ul style="list-style-type: none"> • Personal information to aid training fitness programme design • Fitness programme design • Motivational techniques for fitness programming 	