

Year 10 SPORT (BTEC)

Overall Intent:

The overall intent of this course is to provide a vocational outlook on sport that can lead on to a Level 3 Vocational Sports course, preparing learners for a career in sport or study at university level. The width and breadth of the course offers a diverse range of both practical and theoretical experiences plus concepts such as teamwork, organisation and an ability to meet deadlines. The overall experience is designed to provide students with knowledge and skills that would be desirable for a future employer and which will also be useful to those who will enjoy a life-long interest in sports participation or observation. During Unit 1 Fitness for Sport and Exercise, students will study the components of fitness and principles of training, explore different fitness training methods and investigate fitness testing to determine fitness levels. During Unit 2 Practical Sports Performance, students will study rules, regulations and scoring systems of two different sports. They will practically demonstrate the skills, techniques and tactics in these sports and review their own performance.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic/Area of study	UNDERSTANDING THE RULES, REGULATIONS AND SCORING SYSTEMS FOR SELECTED SPORTS	PRACTICAL DEMONSTRATION OF SKILLS, TECHNIQUES AND TACTICS IN SELECTED SPORTS	REVIEW OF SPORTS PERFORMANCE	UNDERSTANDING THE COMPONENTS OF FITNESS AND THE PRINCIPLES OF TRAINING	EXPLORATION OF DIFFERENT FITNESS TRAINING METHODS	INVESTIGATION OF FITNESS TESTING TO DETERMINE FITNESS LEVELS
Key learning aims – knowledge and skills	Rules of the sports, regulations of the sports, scoring systems, roles and responsibilities of officials.	Practical demonstration of skills and techniques, relevant components of fitness, relevant tactics, how to create a safe playing environment.	Create an observation checklist, review performance in report format.	Skill-related components of fitness, health-related components of fitness, basic principles of training, additional principles of training.	Flexibility training, strength and power training, aerobic training, speed training.	Use of testing to establish fitness level, use of data to draw on comparisons, what constitutes a fair and valid test, how Nomograms are used to determine certain results.

Assessment	Internally marked coursework (ongoing)	External Online Exam
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