**Curriculum Overview for BTEC PE – Technical Award in Sport**

**Year 10**

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| **Half Term 1: Unit 2 , Taking Part and Improving Other Participants Sporting Performance**  **Substantive Knowledge:**   * Components of physical fitness * Components of skill-related fitness * Techniques, strategies and fitness required for different sports * Officials in sport * Rules and regulations in sports * Planning drills and conditioned practices to develop participants’ sporting skills * Drills to improve sporting performance   **Disciplinary Knowledge:**   * Pupils will apply their understanding of components of fitness to team sports, individual sports, outdoor activities and physical fitness activities and explain how they impact on performance * Pupils will demonstrate the skills and strategies required to be able to participate effectively in isolated practices and competitive situations for a selected sport. * Pupils will be able to use methods to improve other participants’ sporting skills. They will be able to provide demonstrations and teaching points to introduce participants to the techniques required for different sporting skills. | Books | Pupils will use sources and sections of text to access information on the different topics. Pupils will read different scenarios and apply their knowledge to these. |
| Speech | Aerobic endurance  Muscular endurance  Muscular strength  Speed  Flexibility  Body composition  Power  Agility  Reaction time  Balance  Coordination  Skills  Strategies  Isolated practice  Competitive situation  Rules  Regulations |
| Checklist RTL | Pupils will complete mock assessments at the end of each area, in preparation for their official assignment. The areas are; components of fitness, officials in sport, rules and regulations and drills to improve performance. |
| Home | Pupils will work on their mock assignments as part of their 40 minute homework task every 2 weeks. |
| **Half Term 2: Unit 2, Taking Part and Improving Other Participants Sporting Performance.**  **In half term 2 pupils will be writing their second assignment. The work covered will be the same as half term 1 as pupils apply their knowledge to the scenario released by the exam board.**  **Substantive Knowledge:**   * Components of physical fitness * Components of skill-related fitness * Techniques, strategies and fitness required for different sports * Officials in sport * Rules and regulations in sports * Planning drills and conditioned practices to develop participants’ sporting skills * Drills to improve sporting performance   **Disciplinary Knowledge:**   * Pupils will apply their understanding of components of fitness to team sports, individual sports, outdoor activities and physical fitness activities and explain how they impact on performance * Pupils will demonstrate the skills and strategies required to be able to participate effectively in isolated practices and competitive situations for a selected sport. * Pupils will be able to use methods to improve other participants’ sporting skills. They will be able to provide demonstrations and teaching points to introduce participants to the techniques required for different sporting skills. | Books | Pupils will use sources and sections of text to access information on the different topics.  Reading scenarios and applying knowledge to these |
| Speech | Aerobic endurance  Muscular endurance  Muscular strength  Speed  Flexibility  Body composition  Power  Agility  Reaction time  Balance  Coordination  Skills  Strategies  Isolated practice  Competitive situation  Rules  Regulations |
| Checklist RTL | Coursework |
| Home | Pupils are unable to work on their assignments at home. All work on the official assignment must be completed in lesson time. |