Year 10 L2 BTEC	Autumn	Spring	Summer
Knowledge Application	***Unit 2 Practical Performance – for 1 Team and 1 Individual Sport*** <u>Understanding Rules and regulations</u> What are the rules and regulations relating to equipment, venues, players and officials in your chosen sport? <u>Applying the rules of your sport</u> What would your umpiring decision be in different game situations and why? <u>Understanding the roles and responsibilities of the Officials.</u> What are the officials responsible for before the match, during and after. How do they ensure they officiate fairly and what training do they need? <u>Knowing how to perform skills and utilise tactics</u> How do you pass or receive the ball? What is the best technique for shooting? What are tactics and how are they used. When is the best time to apply a certain tactic and why? Can you perform the skills effectively in a practice and during a match situation(Practically assessed) Explore ways of evaluating performance. How can we best observe and record performance? Suggesting ways of improving performance Once you have identified areas to work on how can you improve them? Is it components of fitness that need improving, specific skills or a greater tactical awrareness	***Unit 1 – Fitness for Sport and Exercise*** <u>Know about the components of fitness and the principles of training</u> Components of Physical fitness - Cardiovascular endurance, Muscular endurance, Muscular strength, Flexibility, Speed and Body Composition. Components of Skill related fitness – Balance, Coordination, Reaction time, agility and Power. Why are fitness components important for successful performance in different sports? What is exercise intensity and how can we measure it? Basic Principles of training, Frequency, Intensity, Time and type. Additional Principles of training – Progressive overload, Specificity, individual differences/needs, adaptation, reversibility, variation, rest and recovery. Applying principles to training programs. <u>Explore different fitness training methods</u> Requirements for safe and successful training. Methods of training – Continuous, Circuit, Fartlek, Interval, Plyometrics, flexibility, speed and weight training. Which training methods should be used for specific components or sports.

		<u>Investigate fitness testing to determine fitness levels.</u> Requirements for administering fitness tests. Know about specific fitness tests – Sit and Reach, Grip Dynamometer, MSFT, Forestry step test, 35m sprint test, Illinois agility run, vertical jump test, 1 min sit-up , 1 min press-up, BMI, BIA and skinfold test Understand the limitations, advantages, disadvantages and how to interpret the results.

Year11 L2 BTEC Sport	Autumn	Spring	Summer
	Unit 3 The Principles of fitness training Information needed for training program design – Goals, aims, objectives, medical history and lifestyle information. Selection of appropriate methods to improve, Speed, strength, cardiovascular endurance, flexibility. Planning for basic principles of fitness Planning for additional principles of fitness Recording Training performance Reviewing training Program after each training session, evidence of modification, Identify strengths and areas for improvement Identify recommendations for improving future training and performance	Unit 5 The Body in Action The Structure of the Musculoskeletal System The short term effects of exercise to the musculoskeletal system The structure of the Cardio respiratory System The short term effects of exercise to the cardio respiratory system The Long term effects to the musculoskeletal system The Long term effects of exercise to the cardio respiratory system The three types of energy systems Energy systems and how they relate to different sporting situations	

Year 10 AQA GCSE	Autumn	Spring	Summer
	Applied Anatomy and Physiology Names and types of bones Structure and function of the skeleton Structure and types of joints Joint Movement Including application to sporting situations Names of Muscles. Muscle structure and types Including application to sporting situations Blood vessels and the heart structure. Cardiac cycle and pathway of Blood Cardiac Output Including application to sporting situations Mechanics of Breathing Pathway of air and gaseous exchange Spirometer reading. Including application to sporting situations Energy systems – aerobic, Anaerobic and EPOC Recovery Process Including application to sporting situations	***Applied Anatomy and Physiology(contd)*** Short and Long term effects of exercise Health and fitness Components of fitness Including application to sporting situations Reasons for fitness tests and limitations Fitness tests and procedures Data collection and interpretation Principles of training and Overload Methods of training Including application to sporting situations Optimising training with training zones Preventing injury Altitude training and The training season	***Applied Anatomy and Physiology(contd)*** Warming up and Cooling down Levers and Mechanical Advantage Analysis of sporting movements Data Interpretation Planes and axis of movement

Year 11 AQA GCSE	Autumn	Spring	Summer
	Psychology Skill, Ability and goals setting Including application to sporting situations Smart Targets Info processing model Guidance and feedback Including application to sporting situations Arousal and the Inverted U Theory How Arousal can be controlled Including application to sporting situations Direct and indirect Agression Introverts and extroverts Including application to sporting situations Intrinsic and Extrinsic motivation Social Groupings Commercialisation and Sponsorship Positive and negatives of media sponsorship.	***Psychology(contd)*** Pros and Cons of technology Including application to sporting situations Conduct of Performers Including application to sporting situations Gamesmanship and sportsmanship Including application to sporting situations Prohibited substances Prohibited methods PED Drugs advantages and disadvantages Including application to sporting situations Spectators behaviour Why hooliganism occurs How to combat Hooliganism	***Psychology(contd)*** Health and Fitness Including application to sporting situations Consequences of a Sedentary lifestyle and Obesity Obesity and it's effect on performance Including application to sporting situations Somatatypes Including application to sporting situations Energy Use Including application to sporting situations Nutrition and diet Including application to sporting situations