

KS4 – Year 10 – Sports BTEC

Term	Topic Titles	Brief Overview
1	<p>Component 1: Preparing Participants to Take Part in Sport and Physical Activity</p> <p>LA1- Explore types and provision of sport and physical activity for different types of participant</p> <p>LA1- Examine equipment and technology required for participants to use when taking part in sport and physical activity</p> <p>LA2- Barriers to participation in sport and physical activity for different types of participant</p> <p>LA2- Methods to address barriers to participation in sport and physical activity for different types of participant</p>	<p>Learners will explore the different types of sport and physical activities that people may choose to take part in and will be able to compare and contrast the provision of these sports and physical activities from different sectors.</p> <p>Learners will understand the characteristics of different types of participant and how this affects their different physical, social and mental health needs.</p> <p>Learners will know about barriers to participation that can prevent some types of participant from taking part in regular sport and physical activity.</p>
2	<p>LB1- : Examine equipment and technology required for participants to use when taking part in sport and physical activity</p> <p>LC1 - : Be able to prepare participants to take part in physical activity</p>	<p>Learners will need to understand the different types of equipment used to take part in sport and physical activities. They will also explore the different technology available for participation in different sport and physical activities. They will also need to know about the benefits and limitations of technology for sport and physical activity participation.</p> <p>Learners will learn about the warm-up process that is required to prepare the body to take part in physical activity and the responses of the cardiorespiratory and musculoskeletal systems at each stage of the warm-up. Learners will be able to plan and deliver warm-ups for different physical activities and for different types of participant.</p>
3	<p>Component 2: Taking Part and Improving Other Participants Sporting Performance</p> <p>LA1: Understand how different</p>	<p>Learners will understand each of the components of physical and skill-related fitness. They will be able to apply this understanding to how these components of fitness are used in team sports, individual sports, outdoor activities and physical fitness activities and how they impact on performance.</p>

	<p>components of fitness are used in different physical activities</p> <p>LB1: Be able to participate in sport and understand the roles and responsibilities of officials</p> <p>LC1: Demonstrate ways to improve participants sporting techniques</p>	<p>Learners will be able to demonstrate the skills and strategies required to be able to participate effectively in isolated practices and competitive situations for a selected sport. (this will be done outside of school)</p> <p>Learners will know the different roles of officials for a selected sport and will understand the responsibilities associated with each of these roles. Learners will know the key rules of a selected sport and understand how these may be applied in different situations.</p> <p>Learners 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. They will also be able to select and organise suitable drills and support participants to take part in the drills to develop their sporting skills.</p>
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