

	Autumn 1	Autumn 2	Spring 3	Spring 4	Summer 5	Summer 6
YEAR 10 -	<p>TOPIC: Exploring types and provision of sport and physical activity for different types of participant (Component 1 delivery: LOA)</p> <p>Knowledge: Learners will explore the different types and provision of sport and physical activities. Learners will develop their understanding of the different sectors that provide sport and physical activities. They will also explore the advantages and disadvantages of each of these sectors. They will also learn about the different categories and characteristics of participants and how their needs will affect the types of sports and physical activities and providers of each which are best suited to their needs.</p> <p>Skills: Developing performance of skills and techniques Application of rules, tactics and strategies Evaluating health and fitness Communication and team work Resilience Problem solving Feedback and performance analysis Leadership and coaching</p>	<p>TOPIC: Examine equipment and technology required for participants to use when taking part in sport and physical activity (Component 1 delivery: LOB)</p> <p>Knowledge: Learners will develop their understanding of 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 develop their knowledge of the benefits and limitations of technology for sport and physical activity participation.</p> <p>Skills: Developing performance of skills and techniques Application of rules, tactics and strategies Evaluating health and fitness Communication and team work Resilience Problem solving Feedback and performance analysis Leadership and coaching</p>	<p>TOPIC: Be able to prepare participants to take part in physical activity (Component 1 delivery: LOC)</p> <p>Knowledge: 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 learn how to plan and deliver warm-ups for different physical activities and for different types of participant.</p> <p>Skills: Developing performance of skills and techniques Application of rules, tactics and strategies Evaluating health and fitness Communication and team work Resilience Problem solving Feedback and performance analysis Leadership and coaching</p>	<p>TOPIC: Understand how different components of fitness are used in different physical activities (Component 2 delivery: LOA)</p> <p>Knowledge: Learners will develop their understanding in 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>Skills: Developing performance of skills and techniques Application of rules, tactics and strategies Evaluating health and fitness Communication and team work Resilience Problem solving Feedback and performance analysis Leadership and coaching</p>	<p>TOPIC: Be able to participate in sport and understand the roles and responsibilities of officials (Component 2 delivery: LOB)</p> <p>Knowledge: Learners will develop their confidence to demonstrate the skills and strategies required to be able to participate effectively in isolated practices and competitive situations for a selected sport. Learners will develop their knowledge of the different roles of officials for a selected sport and will understand the responsibilities associated with each of these roles. Learners will develop their understanding of the key rules of a selected sport and understand how these may be applied in different situations</p> <p>Skills: Developing performance of skills and techniques Application of rules, tactics and strategies Evaluating health and fitness Communication and team work Resilience Problem solving Feedback and performance analysis Leadership and coaching</p>	<p>TOPIC: Demonstrate ways to improve participants sporting techniques (Component 2 delivery: LOC)</p> <p>Knowledge: 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> <p>Skills: Developing performance of skills and techniques Application of rules, tactics and strategies Evaluating health and fitness Communication and team work Resilience Problem solving Feedback and performance analysis Leadership and coaching</p>

TOPIC: AO1 Demonstrate knowledge of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise

Knowledge:

Learners will develop their understanding of how each of the components of physical and skill-related fitness are required to perform well in selected sports and how these are used when playing in different positions in team sports. Learners will develop their knowledge of the principles of training and how they can be applied to training programmes. Learners will understand exercise intensity and how it can be measured or worked out. They will also learn about the target zones and the related technical vocabulary.

Skills:

Developing performance of skills and techniques
Application of rules, tactics and strategies
Evaluating health and fitness
Communication and team work
Resilience
Problem solving
Feedback and performance analysis
Leadership and coaching

TOPIC: AO2 Demonstrate an understanding of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise

Knowledge:

Learners will develop their knowledge and understanding of why fitness testing is carried out and know how to set up and administer the protocol of each fitness test. Learners will also develop their use of data from fitness tests and compare these to normative data tables to interpret the fitness test results.

Skills:

Developing performance of skills and techniques
Application of rules, tactics and strategies
Evaluating health and fitness
Communication and team work
Resilience
Problem solving
Feedback and performance analysis
Leadership and coaching

TOPIC: AO3 Apply an understanding of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise

Knowledge:

Learners will develop their knowledge and understanding about different types of training method to develop different components of fitness.

Skills:

Developing performance of skills and techniques
Application of rules, tactics and strategies
Evaluating health and fitness
Communication and team work
Resilience
Problem solving
Feedback and performance analysis
Leadership and coaching

TOPIC: AO4 Make connections with concepts, facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise

Knowledge:

Learners will investigate fitness programming to improve fitness and sports performance. They will consider personal information to aid fitness training programme design and motivational techniques for fitness programming

Skills:

Developing performance of skills and techniques
Application of rules, tactics and strategies
Evaluating health and fitness
Communication and team work
Resilience
Problem solving
Feedback and performance analysis
Leadership and coaching

TOPIC: Developing fitness to improve other participants performance in sport and physical activity

Component 3 external assessment:

Knowledge:

Learners will build on knowledge, understanding and skills acquired and developed in Components 1 and 2, and includes synoptic assessment.

Learners will apply their applied knowledge and understanding of the body's reaction to participants taking part in physical activity and the components of fitness to develop fitness.

Skills:

Developing performance of skills and techniques
Application of rules, tactics and strategies
Evaluating health and fitness
Communication and team work
Resilience
Problem solving
Feedback and performance analysis
Leadership and coaching

TOPIC: Careers in sport and physical activity

Knowledge:

Learners will explore opportunities to utilise knowledge and skills developed through course in employment and further education capacity.

Skills:

Developing performance of skills and techniques
Application of rules, tactics and strategies
Evaluating health and fitness
Communication and team work
Resilience
Problem solving
Feedback and performance analysis
Leadership and coaching