

Regents Park Community College – Year 9 BTEC Sport Progress Pathway Descriptors

Low Attaining Year 9 student	Middle Attaining Year 9 student	High Attaining Year 9 student
<p>I can identify physical and skill related components of fitness and sports they are important in</p> <p>I can describe short term effects of exercise at different intensities levels</p> <p>I can perform and describe 4 fitness tests for each component of fitness</p> <p>I can name 3 fitness training methods used to improve physical and skill related components of fitness</p> <p>I can describe 3 rules, regulations and scoring systems of a selected sport</p> <p>I can apply the 3 rules of a selected sport in two given specific situations</p> <p>I can describe some of the roles of officials from a selected sport</p> <p>I can describe some components of fitness and technical demands of two selected sports</p> <p>I can demonstrate some relevant skills and techniques effectively, in two selected sports, in isolated practices</p> <p>I can review my own performance in two selected sports, identifying strengths and areas for improvement</p> <p>I can give reasons why leadership is important in improving sporting performance</p>	<p>I can define 6 physical and skill related components of fitness and explain why they are important in sport</p> <p>I can explain the short and long term effects of exercise at different intensities levels</p> <p>I can identify appropriate fitness tests for each component of fitness and explain why and how they are used</p> <p>I can explain 5 fitness training methods to improve physical and skill related components of fitness</p> <p>I can describe 5 rules, regulations and scoring systems of two selected sports</p> <p>I can apply 5 rules of a selected sport in four specific situations</p> <p>I can explain the roles and responsibilities of officials from two selected sports and how they apply the rules, regulations and scoring systems</p> <p>I can explain the components of fitness and technical and tactical demands of two selected sports</p> <p>I can demonstrate relevant skills, techniques and tactics effectively, in two selected sports, in conditioned practices</p> <p>I can independently produce an observation checklist that can be used effectively to review own performance in two selected sports</p> <p>I can explain strengths and areas for improvement in two selected sports, recommending activities to improve own performance</p> <p>I can explain why leadership is important in improving sporting performance</p>	<p>I can define all physical and skill related components of fitness and justify why they are important in physical activity/ sports</p> <p>I can explain and calculate different exercise intensities and explain how it is used to improve sports performance safely</p> <p>I can explain principles and additional principles of training to improve sports performance</p> <p>I can explain in full appropriate fitness tests for each component of fitness and apply to specific situations</p> <p>I can justify and analyse fitness training methods to improve physical and skill related components of fitness</p> <p>I can compare and contrast the roles and responsibilities of officials from two selected sports, suggesting valid recommendations for improvement to the application of rules, regulations and scoring systems for each sport</p> <p>I can analyse strengths and areas for improvement in two selected sports, justifying recommended activities to improve own performance</p> <p>I can explain characteristics and qualities of effective leaders</p> <p>* Must also achieve Middle Attaining criteria</p>

Regents Park Community College – Year 10 BTEC Sport Progress Pathway Descriptors

Low Attaining Year 10 student	Middle Attaining Year 10 student	High Attaining Year 10 student
<p>I can define physical & skill related components of fitness and explain why they are important in sport</p> <p>I can describe & identify different exercise intensities and explain how it is used in sports performance</p> <p>I can describe principles & additional principles of training</p> <p>I can identify & describe fitness tests for each component of fitness</p> <p>I can describe fitness training methods used to improve physical and skill related components of fitness</p> <p>I can describe the rules, regulations and scoring systems of a selected sport</p> <p>I can apply the rules of a selected sport in two given specific situations</p> <p>I can describe the roles of officials from a selected sport</p> <p>I can describe the components of fitness and technical demands of two selected sports</p> <p>I can demonstrate relevant skills and techniques effectively, in two selected sports, in isolated practices</p> <p>I can produce, with guidance, an observation checklist that can be used effectively to review own performance in two selected sports</p> <p>I can review my own performance in two selected sports, identifying strengths and areas for improvement</p>	<p>I can define physical & skill related components of fitness and explain why they are important in sport</p> <p>I can describe, explain and identify different exercise intensities and explain how it is used in sports performance</p> <p>I can explain and apply principles and additional principles of training</p> <p>I can identify appropriate fitness tests for each component of fitness and explain why they are used, protocol and the advantages and disadvantages of each</p> <p>I can describe and explain fitness training methods to improve physical and skill related components of fitness</p> <p>I can describe the rules, regulations and scoring systems of two selected sports</p> <p>I can apply the rules of a selected sport in four specific situations</p> <p>I can describe the roles and responsibilities of officials from two selected sports</p> <p>I can for each of two selected sports, explain the role and responsibilities of officials and the application of rules, regulations and scoring systems</p> <p>I can describe the components of fitness and technical and tactical demands of two selected sports</p> <p>I can demonstrate relevant skills, techniques and tactics effectively, in two selected sports, in conditioned practices</p> <p>I can demonstrate relevant skills, techniques and tactics effectively, in two selected sports, in competitive situations</p> <p>I can independently produce an observation checklist that can be used effectively to review own performance in two selected sports</p> <p>I can review my own performance in two selected sports, describing strengths and areas for improvement</p> <p>I can explain strengths and areas for improvement in two selected sports, recommending activities to improve own performance</p>	<p>I can define physical and skill related components of fitness and apply/justify why they are important in physical activity/ sports</p> <p>I can explain and calculate different exercise intensities and explain how it is used to improve sports performance safely</p> <p>I can apply and justify principles and additional principles of training to improve sports performance</p> <p>I can explain in full appropriate fitness tests for each component of fitness and apply to specific situations</p> <p>I can justify and analyse fitness training methods to improve physical and skill related components of fitness</p> <p>I can compare and contrast the roles and responsibilities of officials from two selected sports, suggesting valid recommendations for improvement to the application of rules, regulations and scoring systems for each sport</p> <p>I can analyse strengths and areas for improvement in two selected sports, justifying recommended activities to improve own performance</p> <p>* Must also achieve Middle Attaining criteria</p>

Regents Park Community College – Year 11 BTEC Sport Progress Pathway Descriptors

Low Attaining Year 11 student	Middle Attaining Year 11 student	High Attaining Year 11 student
<p>I can design a safe four-week personal fitness training programme to meet an activity/sport goal taking into consideration personal information, with guidance</p> <p>I can outline the structure and function of the musculoskeletal and cardiorespiratory systems</p> <p>I can outline some of the short-term effects on the musculoskeletal and cardiorespiratory systems during the fitness training programme</p> <p>I can safely implement, with guidance, a four-week personal fitness training programme, maintaining a training diary</p> <p>I can review the four-week personal fitness training programme set for an activity/sport goal, identifying results, strengths and areas for improvement</p> <p>I can outline the attributes required for, and responsibilities of, sports leadership</p> <p>I can describe the attributes of a selected successful sports leader</p> <p>I can plan a given sports activity</p> <p>I can lead a component of a sports activity session, with guidance and/or support</p> <p>I can review the planning and leading of the warm-up, main component or cool down, describing strengths and areas for improvement</p>	<p>I can independently design a safe six-week personal fitness training programme to meet an activity/sport goal taking into consideration personal information</p> <p>I can design a safe six-week personal fitness training programme to meet an activity/sport goal which meets the needs of the individual, showing creativity in the design</p> <p>I can describe the structure and function of the musculoskeletal and cardiorespiratory systems</p> <p>I can summarise the short-term effects on the musculoskeletal and cardiorespiratory systems during the fitness training programme</p> <p>I can explain the short-term effects on the musculoskeletal and cardiorespiratory systems during the fitness training programme</p> <p>I can safely implement a six week personal fitness training programme, maintaining a training diary</p> <p>I can safely implement a successful six-week personal fitness training programme, maintaining a training diary summarising outcomes for each session</p> <p>I can review the six-week personal fitness training programme set for an activity/sport goal, describing results, strengths and areas for improvement</p> <p>I can explain the results, strengths of the training programme set for an activity/sport goal and areas for improvement, providing recommendations for future training and performance</p> <p>I can describe, using relevant examples, the attributes required for, and responsibilities of, sports leadership</p> <p>I can describe the attributes of two selected successful sports leaders</p> <p>I can explain the attributes required for, and responsibilities of, sports leadership</p> <p>I can evaluate the attributes of two successful sports leaders</p> <p>I can plan two selected sports activities</p> <p>I can independently lead a sports activity session</p> <p>I can justify the choice of activities within the sports activity plan</p> <p>I can lead a successful sports activity session</p> <p>I can review the planning and leading of the sports activity session, describing strengths and areas for improvement, and targets for future development as a sports leader</p> <p>I can explain targets for future development as a sports leader, including a personal development plan</p>	<p>I can justify the training programme design, explaining links to personal information</p> <p>I can safely implement a successful six-week personal fitness training programme, maintaining a training diary to evaluate performance and progress</p> <p>I can fully explain the results, strengths and improvements for the training programme, justifying recommendations for future training and performance</p> <p>I can compare and contrast the attributes of two successful sports leaders</p> <p>I can justify targets for future development as a sports leader and activities within the personal development plan</p> <p>*Must also achieve Middle Attaining criteria</p>