

Year 10 – BTEC SPORT Programme of Study

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Physical Training (Theory)</p> <p>Knowledge: Components of Fitness and Fitness Testing.</p> <p>Assessment: Mock BTEC Assignment and GCSE Assessment</p> <p>Sporting Assessments (Practical)</p> <p>Skills: Range & quality of skills, Physical attributes</p> <p>Knowledge: Rules and regulations</p> <p>Concepts: Decision Making, Tactical awareness, Compositional requirements.</p> <p>Assessment: Practical assessments in Badminton, Hockey, Swimming and Trampolineing</p>	<p>Unit 1 – Fitness for Sport and Exercise (Theory)</p> <p>Knowledge: Components of Fitness, Exercise Intensity, Principles of Training, Methods of Training and Fitness Testing.</p> <p>Unit 2 – Practical Sports Performance (Practical)</p> <p>Skills: Sports specific skills performed in isolation and applied into conditioned practices and competitive situations</p> <p>Knowledge: Rules and regulations</p> <p>Concepts: Decision Making, Tactical awareness, Compositional requirements</p> <p>Assessment: Unit 2, Assignment B</p>	<p>Unit 1 – Fitness for Sport and Exercise (Theory)</p> <p>Knowledge: Components of Fitness, Exercise Intensity, Principles of Training, Methods of Training and Fitness Testing.</p> <p>Assessment: Unit 1 Mock Exam</p> <p>Unit 2 – Practical Sports Performance (Practical)</p> <p>As Autumn 2</p> <p>Assessment: Unit 2, Assignment B</p>	<p>Unit 1 – Fitness for Sport and Exercise (Theory)</p> <p>Knowledge: Components of Fitness, Exercise Intensity, Principles of Training, Methods of Training and Fitness Testing.</p> <p>Assessment: Unit 1 External Exam</p> <p>Unit 2 – Practical Sports Performance (Practical)</p> <p>As Autumn 2</p> <p>Assessment: Unit 2, Assignment B</p>	<p>Unit 2 – Practical Sports Performance (Theory)</p> <p>Knowledge: Rules, regulations and Scoring Systems of two sports. Roles and responsibilities of officials in two sports.</p> <p>Assessment: Unit 2, Assignment A</p> <p>Unit 2 – Practical Sports Performance (Practical)</p> <p>As Autumn 2</p> <p>Assessment: Practical assessments in a range of Sports</p>	<p>Unit 2 – Practical Sports Performance (Theory)</p> <p>Skills: Analysis of own performance.</p> <p>Knowledge: Components of Fitness and Tactics.</p> <p>Assessment: Unit 2, Assignment C</p> <p>Unit 2 – Practical Sports Performance (Practical)</p> <p>As Autumn 2</p> <p>Assessment: Unit 2, Assignment B</p>