

Yr 10 BTEC Sport Autumn Term

Year 10	<b>Lesson 1</b> <b>Learning intentions</b> (what can a student do at the end of the lesson) UNIT 1	<b>Lesson 2</b> <b>Learning intentions</b> (what can a student do at the end of the lesson) UNIT 1	<b>Lesson 3</b> <b>Learning intentions</b> (what can a student do at the end of the lesson) UNIT 2
Weeks 1 & 2 (Staggered start)	An introduction to the course – To know the units that make up BTEC Sport. To know the grading criteria and expectations in BTEC Sport. To know and understand the content and topics covered in Unit 1 – Fitness for Sport and the key terminology used in BTEC Sport.	To know about the physical components of fitness. To understand the physical components of fitness. To be able to apply and analyse the physical components of fitness in relation to sporting examples. To be able to identify the different components of fitness from key definitions.	An introduction to unit 2 – practical performance in Sport. To know and understand the 3 different learning aims and how the unit is split into practical/theory and assignments.
Weeks 3	To be able to apply the physical components of fitness to different sporting examples. Being able to give specific practical examples linking with the 6 components of physical fitness.	To be able to know about the different physical components of fitness. To explain and analyse a selection of components of physical fitness in relation to a given specific sport. To complete an 8 mark exam question on the physical components of fitness.	To know how to set up a badminton court. To know about the different resources required for a badminton game. To know and understand the basic grip and handle skill. To be able to keep a rally. To take part in a king/queen of the court/ladders game to assess the students.
Weeks 4	To know about the cardiorespiratory system. Recall the components of Physical Fitness and give practical examples to accompany this. Begin to identify the difference between the cardiovascular and respiratory systems. Explain the functions of the Cardiovascular System.	To recall the functions of the cardiovascular system and know about the respiratory system. To be able to describe the difference between aerobic and anaerobic endurance. To be able to explain and apply the knowledge of the cardiorespiratory system to exam questions.	To recap how to set up a badminton court as well as the grip and handle skills. To introduce and understand the ready position in badminton. To know the court dimensions for both singles games and doubles games. To know and understand the basic singles and doubles rules. To know and understand the badminton scoring system.

<p>Weeks 5</p>	<p>To know about the 5 different skill related components of fitness.          To understand the skill related components of fitness.          To be able to apply and analyse the skill related components of fitness in relation to sporting examples.          To be able to identify the different components of fitness from key definitions.</p>	<p>To be able to identify the different skill related and physical related components of fitness.          To be able to give specific practical examples linking with the 5 components of skill related fitness.          To explain and analyse the different skill related components of fitness in relation to practical sporting examples to achieve optimal sports performance.          To complete several exam questions including an 8 mark exam question on the physical components of fitness.</p>	<p>To know the teaching points for the backhand and forehand serve in badminton.          To be able to perform the backhand and forehand serve in isolation.          To be able to perform the backhand and forehand serve in a conditioned practice.          To be able to perform the backhand and forehand serve in a competitive game.</p>
<p>Weeks 6</p>	<p>To know what exercise intensity is.          To know and understand the different ways that exercise intensity/HR can be measured (RPE – Borg Scale/Training thresholds and zones).          To understand and apply HR and target zones to train either aerobically or anaerobically.</p>	<p>To know the SPOR principle of training and the FITT principle of training to optimise performance levels in athletes.          To describe and understand the SPOR principle and describe how the FITT principle can be used to optimise training.          To apply and analyse SPOR and FITT to a training programme and its links to optimising training programmes.</p>	<p>To know the teaching points for the overhead clear.          To be able to perform the overhead clear.          To be able to perform the overhead clear in isolation.          To be able to perform the overhead clear in a conditioned practice.          To be able to perform the overhead clear in a competitive game.</p>
<p>Weeks 7</p>	<p>To recall the 4 components of the FITT (Basic) principles of training and apply to sporting examples.          To know and understand the remaining additional principles of training.          To be able to identify the principles of training through key definitions.          To apply knowledge of both basic and additional principles of training to a variety of sporting examples.</p>	<p>To recap the various basic and additional principles of training.          To be able to link and apply the basic and additional principles of training to sports performers.          To be able to complete several exam questions including an 8 mark exam question on the physical components of fitness.</p>	<p>To know the teaching points for the net shot/net play.          To be able to perform the net shot/net play.          To be able to perform the net shot/net play in isolation.          To be able to perform the net shot/net play in a conditioned practice.          To be able to perform the net shot/net play in a competitive game.</p>

<b>Year 10</b>  <b>Half term</b> <b>2</b> <b>November</b> <b>/Christmas</b>	<b>Lesson 1</b>  <b>Learning intentions</b>  (what can a student do at the end of the lesson)  UNIT 1	<b>Lesson 2</b>  <b>Learning intentions</b>  (what can a student do at the end of the lesson)  UNIT 1	<b>Lesson 3</b>  <b>Learning intentions</b>  (what can a student do at the end of the lesson)  UNIT 2
Weeks 1	<p>To recall the fitness tests for each component of Fitness.</p> <p>To know and understand the requirements for the fitness tests.</p> <p>To understand the impact and implications of the fitness tests for each component of fitness.</p> <p>To know and understand the importance of a quality warm up and cool down and provide practical examples</p> <p>To be able to apply the knowledge and understanding to exam questions</p>	<p>To understand the impact and implications of the fitness tests for each component of fitness.</p> <p>To know and understand the importance of a quality warm up and cool down and provide practical examples</p> <p>To be able to apply the knowledge and understanding to exam questions</p>	<p>To know and understand the different fitness tests for each component of fitness.</p> <p>To carry out a fitness test for each of the components of fitness.</p> <p>To record the results for each fitness test and measure it amongst the national averages.</p>

<p>Weeks 2</p>	<p>To recall the importance of a warm up and a cool down while providing practical examples.</p> <p>To know about the different training methods that develop flexibility.</p> <p>To be able to explain and analyse the different training methods that develop flexibility in relation to a sport.</p>	<p>To recall the different training methods that develop flexibility.</p> <p>To know about the different training methods that develop strength.</p> <p>To be able to explain and analyse the different training methods that develop strength in relation to a sport.</p>	<p>To be able to perform the overhead clear.</p> <p>To be able to perform the overhead clear in isolation.</p> <p>To be able to perform the overhead clear in a conditioned practice.</p> <p>To be able to perform the overhead clear in a competitive game.</p>
<p>Weeks 3</p>	<p>To recall the different training methods that develop strength.</p> <p>To know about the different aerobic training methods.</p> <p>To be able to explain and analyse the different aerobic training methods in relation to a sport.</p> <p>To complete several exam questions on the different aerobic training methods.</p>	<p>To recall the different aerobic training methods.</p> <p>To know about the different speed training methods.</p> <p>To be able to explain and analyse the different methods of training for speed.</p> <p>To complete several exam questions on the different aerobic training methods.</p>	<p>To know the teaching points for the net shot/net play.</p> <p>To be able to perform the net shot/net play.</p> <p>To be able to perform the net shot/net play in isolation.</p> <p>To be able to perform the net shot/net play in a conditioned practice.</p> <p>To be able to perform the net shot/net play in a competitive game.</p>
<p>Weeks 4</p>	<p>To recall all the different methods of training and understand the component of fitness it improves.</p>	<p>To recall all the different methods of training and understand the component of fitness it improves.</p>	<p>To be able to perform the net shot/net play in a conditioned practice.</p> <p>To be able to perform the net shot/net play in a competitive game.</p>

	<p>To be able to define the different methods of training and what they consist of.</p> <p>To be able to identify the advantages and disadvantages of the different methods of training.</p>	<p>To be able to explain and analyse the different methods of training for speed.</p> <p>To complete a mock exam based on questions relating to the different training methods (13 questions)</p>	<p>To recap all previous skills and techniques learnt in badminton.</p> <p>To be able to demonstrate and apply all the relevant skills and techniques needed in a conditioned and competitive practice in badminton (Filming for moderation).</p>
<p>Weeks 7</p>	<p>Targeted revision (these areas relate to individual cohort of students and the areas of weakness for those students) – to recap all the key concepts covered in BTEC Sport.</p> <p>To be able to identify exam techniques and be able to understand and answer 4 and 8 mark questions.</p> <p>To be able to recall and describe the knowledge learnt over the Unit 1 content.</p> <p>To demonstrate understanding of concepts through the application, analysis and evaluation of content in relation to sporting examples.</p>	<p>To be able to complete a BTEC Sport (Unit 1) Mock exam in full exam conditions.</p> <p>Exam feedback and green pen corrections.</p>	<p>To recap all previous skills and techniques learnt in badminton.</p> <p>To be able to demonstrate and apply all the relevant skills and techniques needed in a conditioned and competitive practice in badminton (Filming for moderation).</p>