

Physical Education **BTEC** Plan

Term 4

Year 10

Year 10	Lesson 1 Learning intentions (what can a student do at the end of the lesson) UNIT 2	Lesson 2 Learning intentions (what can a student do at the end of the lesson) UNIT 2	Lesson 3 Learning intentions (what can a student do at the end of the lesson) UNIT 2
Weeks 21	<ul style="list-style-type: none"> • To identify the 6 physical components of fitness. • To be able to identify the different components of fitness from key definitions. • To be able to apply and analyse the physical components of fitness in relation to sporting examples. 	<ul style="list-style-type: none"> • To recap what the physical components of fitness are • To answer exam based questions relating to the physical components of fitness 	<ul style="list-style-type: none"> • To be able to know the different physical components of fitness • To be able to apply and analyse the physical components of fitness to sporting examples • To answer a series of 4 mark questions relating to the physical components of fitness
Weeks 22	<ul style="list-style-type: none"> • To identify the 5 skill related components of fitness. • To be able to identify the different components of fitness from key definitions. • To be able to apply and analyse the skill related components of fitness in relation to sporting examples. 	<ul style="list-style-type: none"> • To be able to know the different skill related components of fitness • To be able to apply and analyse the skill related components of fitness to sporting examples • To answer a series of 4 mark questions relating to the skill related components of fitness 	<ul style="list-style-type: none"> • To answer an exam style question on the skill related components of fitness

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Weeks 23	<ul style="list-style-type: none"> • <u>Draft assignment work (computer-based)</u> • How each of these components of fitness will be used during participation in the team sport • The impact of each of these components of fitness on performance in the team sport. 	<ul style="list-style-type: none"> • <u>Draft assignment work (computer-based)</u> • How each of these components of fitness will be used during participation in the team sport • The impact of each of these components of fitness on performance in the team sport. 	<ul style="list-style-type: none"> • <u>Draft assignment work (computer-based)</u> • How each of these components of fitness will be used during participation in the team sport • The impact of each of these components of fitness on performance in the team sport.
Weeks 24	<ul style="list-style-type: none"> • <u>Draft assignment work (computer-based)</u> • How each of these components of fitness will be used during participation in the team sport • The impact of each of these components of fitness on performance in the team sport. 	<ul style="list-style-type: none"> • <u>Draft assignment work (computer-based)</u> • How each of these components of fitness will be used during participation in the team sport • The impact of each of these components of fitness on performance in the team sport. 	<ul style="list-style-type: none"> • <u>Draft assignment work (computer-based)</u> • How each of these components of fitness will be used during participation in the team sport • The impact of each of these components of fitness on performance in the team sport.

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Weeks 25	<ul style="list-style-type: none"> • <u>PSA (Pearson Set Assignment) with reference to the scenario given (computer-based)</u> • application of knowledge and understanding of physical fitness and skill-related components of fitness and their impact on performance in a specific physical activity. • A well-developed account of the use of the components of fitness in the given physical activity with no omissions • A well-developed account of the impacts of the components of fitness on performance in the given physical activity. 	<ul style="list-style-type: none"> • <u>PSA (Pearson Set Assignment) with reference to the scenario given (computer-based)</u> • application of knowledge and understanding of physical fitness and skill-related components of fitness and their impact on performance in a specific physical activity. • A well-developed account of the use of the components of fitness in the given physical activity with no omissions • A well-developed account of the impacts of the components of fitness on performance in the given physical activity. 	<ul style="list-style-type: none"> • <u>PSA (Pearson Set Assignment) with reference to the scenario given (computer-based)</u> • application of knowledge and understanding of physical fitness and skill-related components of fitness and their impact on performance in a specific physical activity. • A well-developed account of the use of the components of fitness in the given physical activity with no omissions • A well-developed account of the impacts of the components of fitness on performance in the given physical activity.
Weeks 26	<ul style="list-style-type: none"> • <u>PSA (Pearson Set Assignment) with reference to the scenario given (computer-based)</u> • application of knowledge and understanding of physical fitness and skill-related components of fitness and their impact on performance in a specific physical activity. • A well-developed account of the use of the components of fitness in the given physical activity with no omissions • A well-developed account of the impacts of the components of fitness on performance in the given physical activity. 	<ul style="list-style-type: none"> • <u>PSA (Pearson Set Assignment) with reference to the scenario given (computer-based)</u> • application of knowledge and understanding of physical fitness and skill-related components of fitness and their impact on performance in a specific physical activity. • A well-developed account of the use of the components of fitness in the given physical activity with no omissions • A well-developed account of the impacts of the components of fitness on performance in the given physical activity. 	<ul style="list-style-type: none"> • <u>PSA (Pearson Set Assignment) with reference to the scenario given (computer-based)</u> • application of knowledge and understanding of physical fitness and skill-related components of fitness and their impact on performance in a specific physical activity. • A well-developed account of the use of the components of fitness in the given physical activity with no omissions • A well-developed account of the impacts of the components of fitness on performance in the given physical activity.