

Term 2

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 8	<ul style="list-style-type: none"> <li>• To recall the fitness tests for each component of Fitness.</li> <li>• To know and understand the requirements for the fitness tests.</li> <li>• To understand the impact and implications of the fitness tests for each component of fitness.</li> <li>• To know and understand the importance of a quality warm up and cool down and provide practical examples</li> <li>• To be able to apply the knowledge and understanding to exam questions</li> </ul>	<ul style="list-style-type: none"> <li>• To understand the impact and implications of the fitness tests for each component of fitness.</li> <li>• To know and understand the importance of a quality warm up and cool down and provide practical examples</li> <li>• To be able to apply the knowledge and understanding to exam questions</li> </ul>	<ul style="list-style-type: none"> <li>• To know and understand the different fitness tests for each component of fitness.</li> <li>• To carry out a fitness test for each of the components of fitness.</li> <li>• To record the results for each fitness test and measure it amongst the national averages.</li> </ul>

<p>Weeks 9</p>	<ul style="list-style-type: none"> <li>• To recall the importance of a warm up and a cool down while providing practical examples.</li> <li>• To know about the different training methods that develop flexibility.</li> <li>• To be able to explain and analyse the different training methods that develop flexibility in relation to a sport.</li> </ul>	<ul style="list-style-type: none"> <li>• To recall the different training methods that develop flexibility.</li> <li>• To know about the different training methods that develop strength.</li> <li>• To be able to explain and analyse the different training methods that develop strength in relation to a sport.</li> </ul>	<ul style="list-style-type: none"> <li>• To be able to perform the overhead clear.</li> <li>• To be able to perform the overhead clear in isolation.</li> <li>• To be able to perform the overhead clear in a conditioned practice.</li> <li>• To be able to perform the overhead clear in a competitive game.</li> </ul>
<p>Weeks 10</p>	<ul style="list-style-type: none"> <li>• To recall the different training methods that develop strength.</li> <li>• To know about the different aerobic training methods.</li> <li>• To be able to explain and analyse the different aerobic training methods in relation to a sport.</li> <li>• To complete several exam questions on the different aerobic training methods.</li> </ul>	<ul style="list-style-type: none"> <li>• To recall the different aerobic training methods.</li> <li>• To know about the different speed training methods.</li> <li>• To be able to explain and analyse the different methods of training for speed.</li> <li>• To complete several exam questions on the different aerobic training methods.</li> </ul>	<ul style="list-style-type: none"> <li>• To know the teaching points for the net shot/net play.</li> <li>• To be able to perform the net shot/net play.</li> <li>• To be able to perform the net shot/net play in isolation.</li> <li>• To be able to perform the net shot/net play in a conditioned practice.</li> <li>• To be able to perform the net shot/net play in a competitive game.</li> </ul>

<p>Weeks 11</p>	<ul style="list-style-type: none"> <li>• To recall all the different methods of training and understand the component of fitness it improves.</li> <li>• To be able to define the different methods of training and what they consist of.</li> <li>• To be able to identify the advantages and disadvantages of the different methods of training.</li> </ul>	<ul style="list-style-type: none"> <li>• To recall all the different methods of training and understand the component of fitness it improves.</li> <li>• To be able to explain and analyse the different methods of training for speed.</li> <li>• To complete a mock exam based on questions relating to the different training methods (13 questions)</li> </ul>	<ul style="list-style-type: none"> <li>• To be able to perform the net shot/net play in a conditioned practice.</li> <li>• To be able to perform the net shot/net play in a competitive game.</li> <li>• To recap all previous skills and techniques learnt in badminton.</li> <li>• 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).</li> </ul>
<p>Weeks 12</p>	<ul style="list-style-type: none"> <li>• To recall the fitness tests for each component of Fitness.</li> <li>• To be able to apply the knowledge and understanding to exam questions.</li> </ul>	<ul style="list-style-type: none"> <li>• To know and understand the Pre-test procedures that need to take place before any fitness test.</li> <li>• To understand define the terms reliability and validity of a test.</li> <li>• To identify and apply pre-test procedures as well as reliability and validity of tests and its impact to performance to examples and questions.</li> </ul>	<ul style="list-style-type: none"> <li>• To recap all previous skills and techniques learnt in badminton.</li> <li>• 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).</li> </ul>

<p>Weeks 13</p>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• To be able to identify exam techniques and be able to understand and answer 4 and 8 mark questions.</li> <li>• To be able to recall and describe the knowledge learnt over the Unit 1 content.</li> <li>• To demonstrate understanding of concepts through the application, analysis and evaluation of content in relation to sporting examples.</li> </ul>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• To be able to identify exam techniques and be able to understand and answer 4 and 8 mark questions.</li> <li>• To be able to recall and describe the knowledge learnt over the Unit 1 content.</li> <li>• To demonstrate understanding of concepts through the application, analysis and evaluation of content in relation to sporting examples.</li> </ul>	<ul style="list-style-type: none"> <li>• To recap all previous skills and techniques learnt in badminton.</li> <li>• 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).</li> </ul>
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<p>Weeks 14</p>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• To be able to identify exam techniques and be able to understand and answer 4 and 8 mark questions.</li> <li>• To be able to recall and describe the knowledge learnt over the Unit 1 content.</li> <li>• To demonstrate understanding of concepts through the application, analysis and evaluation of content in relation to sporting examples.</li> </ul>	<ul style="list-style-type: none"> <li>• To be able to complete a BTEC Sport (Unit 1) Mock exam in full exam conditions.</li> <li>• Exam feedback and green pen corrections.</li> </ul>	<ul style="list-style-type: none"> <li>• To recap all previous skills and techniques learnt in badminton.</li> <li>• 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).</li> </ul>
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<p><b>Year 11</b></p>	<p><b>Lesson 1</b></p> <p><b>Learning intentions</b></p> <p>(what can a student do at the end of the lesson)</p> <p>UNIT 3</p>	<p><b>Lesson 2</b></p> <p><b>Learning intentions</b></p> <p>(what can a student do at the end of the lesson)</p> <p>UNIT 3</p>	<p><b>Lesson 3</b></p> <p><b>Learning intentions</b></p> <p>(what can a student do at the end of the lesson)</p> <p>UNIT 3</p>
<p>Weeks 8</p>	<ul style="list-style-type: none"> <li>• To know about the structure of the human body - musculoskeletal system.</li> <li>• To be able to distinguish the muscles and bones in the musculoskeletal system.</li> <li>• To understand the location of the major muscles.</li> <li>• To identify the major muscles in the body.</li> </ul>	<ul style="list-style-type: none"> <li>• To know about the structure of the human body - musculoskeletal system.</li> <li>• To recap the names and locations of the major muscles in the body.</li> <li>• To be able to distinguish the muscles and bones in the musculoskeletal system.</li> <li>• To understand the location of the major bones in the body.</li> <li>• To identify the major bones in the body.</li> </ul>	<p>Practical safely implement a 6-week training programe</p> <ul style="list-style-type: none"> <li>• To be able to use an appropriate training method and follow a 6 week training plan, focusing on a specific component of fitness.</li> <li>• To understand and to be able to evaluate performance after the session.</li> <li>• To understand and apply the importance of wearing correct training gear, safe and correct use of equipment, implementation of correct technique, awareness of wider safety issues.</li> <li>• To be able to understand and take full responsibility for completing and</li> </ul>

			<p>recording details for each training session.</p> <ul style="list-style-type: none"> <li>To be able to adapt the programme to ensure continued commitment to training, for example using a variation of activities/training methods.</li> </ul>
<p>Weeks 9</p>	<ul style="list-style-type: none"> <li>To know about the different types of synovial joints in the body.</li> <li>To understand and describe the structure and function of different synovial joints in the body.</li> <li>To be able to understand and apply the use of the different synovial joints using sporting examples.</li> </ul>	<ul style="list-style-type: none"> <li>To recap the different types of synovial joints in the body and their use in relation to sporting examples.</li> <li>To know about the short term effects of exercise on the musculoskeletal system.</li> <li>To identify the impact a warm up and increased flexibility has on a joint during fitness training.</li> <li>To be able to understand and apply progressive overload and</li> </ul>	<p>Practical safely implement a 6-week training programme</p> <ul style="list-style-type: none"> <li>To be able to use an appropriate training method and follow a 6 week training plan, focusing on a specific component of fitness.</li> <li>To understand and to be able to evaluate performance after the session.</li> <li>To understand and apply the importance of wearing correct training gear, safe and correct use of equipment, implementation of</li> </ul>

		its benefits during a training programme.	<p>correct technique, awareness of wider safety issues.</p> <ul style="list-style-type: none"> <li>• To be able to understand and take full responsibility for completing and recording details for each training session.</li> <li>• To be able to adapt the programme to ensure continued commitment to training, for example using a variation of activities/training methods.</li> </ul>
Weeks 10	<ul style="list-style-type: none"> <li>• To be able to recall the structure and function of the musculoskeletal system.</li> <li>• To understand and describe the structure of the cardiovascular and cardiorespiratory system.</li> </ul>	<ul style="list-style-type: none"> <li>• To be able to recap the structure and function of the cardiorespiratory system.</li> <li>• To apply and implement the knowledge of the short term effects of fitness training on the cardiorespiratory system.</li> </ul>	<p>Practical – safely implement a 6-week training programme</p> <ul style="list-style-type: none"> <li>• To be able to use an appropriate training method and follow a 6 week training plan, focusing on a specific component of fitness.</li> <li>• To understand and to be able to evaluate performance after the session.</li> <li>• To understand and apply the importance of wearing correct training gear, safe and correct use of equipment, implementation of</li> </ul>



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<p>Weeks 11</p>	<ul style="list-style-type: none"> <li>• Assignment work (preferably Computer-based) Outline the structure and function of the musculoskeletal and cardiorespiratory systems.</li> <li>• Describe the structure and function of the musculoskeletal and cardiorespiratory systems.</li> <li>• Explain the short-term effects on the musculoskeletal and cardiorespiratory systems during the fitness training programme.</li> </ul>	<ul style="list-style-type: none"> <li>• Assignment work (preferably Computer-based) Outline the structure and function of the musculoskeletal and cardiorespiratory systems.</li> <li>• Describe the structure and function of the musculoskeletal and cardiorespiratory systems.</li> <li>• Explain the short-term effects on the musculoskeletal and cardiorespiratory systems during the fitness training programme.</li> </ul>	<p>Practical – safely implement a 6-week training programme</p> <ul style="list-style-type: none"> <li>• To be able to use an appropriate training method and follow a 6 week training plan, focusing on a specific component of fitness.</li> <li>• To understand and to be able to evaluate performance after the session.</li> <li>• To understand and apply the importance of wearing correct training gear, safe and correct use of equipment, implementation of</li> </ul>

	<ul style="list-style-type: none"> <li>Outline some of the short-term effects on the musculoskeletal and cardiorespiratory systems during the fitness training programme.</li> <li>Summarise the short-term effects on the musculoskeletal and cardiorespiratory systems during the fitness training programme.</li> </ul>	<ul style="list-style-type: none"> <li>Outline some of the short-term effects on the musculoskeletal and cardiorespiratory systems during the fitness training programme.</li> <li>Summarise the short-term effects on the musculoskeletal and cardiorespiratory systems during the fitness training programme.</li> </ul>	<p>correct technique, awareness of wider safety issues.</p> <ul style="list-style-type: none"> <li>To be able to understand and take full responsibility for completing and recording details for each training session.</li> <li>To be able to adapt the programme to ensure continued commitment to training, for example using a variation of activities/training methods.</li> </ul>
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