



Subject	Year	Term
BTEC TECH AWARD IN SPORT	10	Term 1
Topic		
Component 1 - Preparing Participants to Take Part in Sport and Physical Activity.		
Content (Intent)		
Prior Learning (Topic)		
From Year 7/8/9 students will have had experience of Warm-up and cool down theory. Basic Components of fitness and Fitness tests for these. The benefits of physical activity and exercise.		
Component 1 Learning outcome A: Explore types and provision of sport and physical activity for different types of participants Learning Outcome B - Examine equipment and technology required for participants to use when taking part in sport and physical activity		
Future Learning (Topic)		
Fitness Training Methods		
What Knowledge and Skills will be taught (Implementation)	How will your understanding be assessed & recorded (Impact)	
Component 1 delivery - LOA A1- Types and providers of sport and physical activities A2 Types and needs of sport and physical activity participants A3- Barriers to participation in sport and physical activity for different types of participant. A4- Methods to address barriers to participation in sport and physical activity for different types of participant	Exam questions within lessons and homeworks Multi-choice quizzes PSA scenario's Practice assignments	
Component 1 delivery: LOB B1 Different types of sports clothing and equipment required for participation in sport and physical activity: B2 Different types of technology and their benefits to improve sport and physical activity participation and performance: B3 The limitations of using technology in sport and physical activity:	Exam questions within lessons and homeworks Multi-choice quizzes PSA scenario's Practice assignments	
How can parents help at home?		
Encourage recapping material from previous lessons with questioning. Further reading on the sports industry and equipment/clothing/technology in sport		
Helpful further reading/discussion (including Reading and Vocabulary Lists)		
Reading	Vocabulary Lists	
BTEC Tech Award in Sport Revision book Articles relating to selected sports and tactics/strategies used to improve performance.	Describe, Explain, Evaluate, Explain, Identify and Assess. Speaking and listening – Feedback, collaborate, communication, Leadership	