



Subject		Year	Term
BTEC TECH AWARD		10	Term 2
Topic			
Component 1 - Preparing Participants to Take Part in Sport and Physical Activity.			
Content (Intent)			
Prior Learning (Topic)	Know about the types of provision, benefits of physical activity, barriers and solutions to sport, clothing, equipment and technology in sport		
Learning outcome C: Be able to prepare participants to take part in physical activity			
Future Learning (Topic) Components of fitness			
What Knowledge and Skills will be taught (Implementation)		How will your understanding be assessed & recorded (Impact)	
Component 1 C1 Planning a warm up: Types of activities in the warm up and response of the cardiorespiratory system & musculoskeletal system to exercise. C2 Adapting a warm-up for different categories of participants and different types of physical activity C3 Delivering a warm-up to prepare participants for physical activity		Exam questions within lessons and homework's Multi-choice quizzes. Fortnightly retrieval quizzes in lessons Year 10 PSA Task 1 – Complete assignment on Provision, benefits and barriers/solutions in sport Task 2 – Complete – Clothing, equipment and technology in sport	
C3 Delivering a warm-up to prepare participants for physical activity - Organisation and demonstration of the warm-up activities and supporting participants as they take part in the warm-up.		Task 3 – Design a warm up linked to the sports chosen from above Task 4 – Video evidence of leading a practical warm up from the session plan in task 3	
How can parents help at home?			
Encourage additional exam practice with parent/student question sheets			
Filming of students competing in their chosen practical activities outside of school			
Helpful further reading/discussion (including Reading and Vocabulary Lists)			
Reading BTEC Level Tech Award in Sport Revision book Articles related to coaching in sport or how the body performs.		Vocabulary Lists Describe, Explain, Evaluate, Explain, Identify and Assess. Speaking and listening – Feedback, collaborate, communication	