



Subject	Year	Term
BTEC Tech award in Sport	10	Term 3
Topic		
Component 2 - Taking part and improving other participants sporting performance.		
Content (Intent)		
Prior Learning (Topic)	Isolated, conditioned games in practical performance and components of fitness from KS3	
Component 2: Learning outcome A: Understand how different components of fitness are used in different physical activities. Learning outcome B: Be able to participate in sport and understand the roles and responsibilities of officials		
Future Learning (Topic)	Component 2 Full game performance	
What Knowledge and Skills will be taught (Implementation)	How will your understanding be assessed & recorded (Impact)	
A: Understand how different components of fitness are used in different physical activities. - o Components of physical fitness - o Components of skill-related fitness B1 Techniques, strategies and fitness required for different sports: ▪ Skills, e.g. passing, scoring, travelling, intercepting. ▪ Strategies, e.g. tactics and decision making ▪ Isolated practice – practices that focus on one skill at a time ▪ Competitive situation – the number of players, area of play and presence of an official to represent competition standard of play.	Internal (PSA) 4 tasks Externally moderated September release for assessment in Nov/Dec Y11 Students to complete Task 1 of Component 2 on different types of components of fitness related to the sport highlighted in PSA. Practical recording of isolated skills for chosen sport.	
How can parents help at home?		
Filming of students competing in their chosen practical activities outside of school		
Helpful further reading/discussion (including Reading and Vocabulary Lists)		
Reading Btec Tech award in sport Unit 1 Revision guide.	Vocabulary Lists Aerobic endurance. Muscular endurance. Muscular strength. Speed. Flexibility. Body composition. Power. Agility. Reaction time. Balance. Coordination.	