



Subject	Year	Term
BTEC Tech Award in sport	11	Term 2
Topic		
Component 3: Developing fitness to improve other participants performance in sport and physical activity		
Content (Intent)		
Prior Learning (Topic)	Development of Personal Fitness & short term effects of exercise	
Component 2		
- Learning outcome B: Be able to participate in sport and understand the roles and responsibilities of officials. - Learning outcome C: Demonstrate ways to improve participants sporting techniques.		
Future Learning (Topic)	Component 3 – exam preparation	
What Knowledge and Skills will be taught (Implementation)		How will your understanding be assessed & recorded (Impact)
- Learning outcome B: Investigate fitness testing to determine fitness levels. - Importance of fitness testing and requirements for administration of each fitness test. - Fitness test methods for components of physical fitness. - Fitness test methods for components of skill-related fitness - Interpretation of fitness test results		External synoptic exam*,Externally marked 1 hr 30 mins May/June window of Yr 11
How can parents help at home?		
Ensure students attend the catch up sessions at lunch in preparation for exam		
Encourage more out of school recapping of topics covered in lessons.		
Helpful further reading/discussion (including Reading and Vocabulary Lists)		
Reading	Vocabulary Lists	
Articles surrounding effects of exercise on the body and personal training programmes.	Anaerobic, explosive, capillaries adaptations, hypertrophy, fartlek, interval, interpretation, normative, subjective, objective, normative	