



Subject	Year	Term
BTEC Teach Award in sport	11	Term 3
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 3 Learning outcome A: Explore the importance of fitness for sports performance Learning outcome B: Investigate fitness testing to determine fitness levels.		
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 C: Investigate different training methods - o Requirements for each of the different training methods - o Fitness training methods for physical components of fitness - o Fitness training methods for skill related components of fitness - o Additional requirements for each of the fitness training methods - o Provision for taking part in fitness training methods - o The effects of long-term fitness training on the body systems • Learning outcome D: Investigate fitness training programming to improve fitness and sports performance. - o Personal information to aid training fitness programme design. - o Fitness programme design - o Motivational techniques for fitness programming.	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 BTEC tech Award in Sport revision guide Articles surrounding effects of exercise on the body and personal training programmes.	Vocabulary Lists Anaerobic, explosive, vital capacity, , implementation, adherence factor, blood pooling, psychological	