

Sir Thomas Boughey 2018/19

BTEC PE

Year 9	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Content / topics</b>	<b>Unit 2: Practical Sports Performance</b> FOOTBALL , NETBALL, BADMINTON, BASKETBALL, VOLLEYBALL, HANDBALL, RUGBY, ATHLETICS, ATHLETICS, TENNIS, CRICKET					
<b>Skills</b>	<p><b><u>Learning Aim A: Describe the roles of officials within each sport</u></b> Application of the rules and regulations in varied situations.</p> <p><b><u>Learning Aim B: Practically demonstrate skills, techniques and tactics in selected sports</u></b> 1. Effective use of skills and techniques and correct application of each component. 2. Explain the TECHNICAL DEMANDS of each sport. describe the skills required and the varied techniques that are used in performance. 3. Explain the TACTICAL DEMANDS of each sport and apply this to varied competitive situations.</p> <p><b><u>Learning Aim C: Review of Sports Performance</u></b> Transfer knowledge of the skills required for each sport. Review performance in 2 sports based on VIDEO EVIDENCE of your OWN performance. Design a checklist / observation sheet. Self-assess your performance and identify strengths and weaknesses in 2 sports. Design drills and practices for each of the weaknesses that are identified.</p>					
<b>Assessments / PPEs</b>	Internal Assessment throughout the year based on practical sporting ability and knowledge of the skills and techniques required to perform each sporting activity. Video analysis of each pupil in their chosen 2 sports performing each skill. Observation checklist is completed based on pupils observing their performance and making judgements. Pupils will be required to identify strengths and weaknesses of performance and develop skills through the use of drills and practices in order to improve performance.					

Year 10	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Content / Topics</b>	<p><b>Unit 1:</b> Fitness for Sport and Exercise.</p> <p><b>A.1:</b> Health Related Components of Fitness.</p> <p><b>A2:</b> Skill Related Components of Fitness.</p> <p><b>A3:</b> Exercise Intensity and How it is measured.</p> <p><b>A4:</b> Principles of Training.</p>		<p><b>Unit 1:</b> Fitness For Sport and Exercise.</p> <p><b>B1:</b> Different Fitness Training Methods, Circuit Training, Continuous Training, Plyometric Training, Flexibility Training, Interval Training, Fartlek Training, Free Weights and Resistance Training.</p>		Revision of unit 1 in preparation for external online assessment.	<p><b>Unit 5:</b> Training for Personal Fitness</p> <p><b>A:</b> Design a personal fitness training programme.</p> <p><b>B:</b> Exercise adherence factors and strategies for continued training success.</p> <p><b>C:</b> Implement a self-designed personal fitness training programme to achieve own goals and objectives.</p> <p><b>D:</b> Review a personal fitness training programme.</p>
<b>Skills</b>	<p><b><u>Learning Aim A: Know about the Components of Fitness and the Principles of Training</u></b></p> <p><b>A1: Health Related</b> Aerobic endurance, muscular endurance, flexibility, speed, flexibility and body composition.</p> <p><b>A2: Skill Related</b> Agility, power, balance, co-ordination and reaction time (*Link to Learning Aim C: - Fitness Testing.*)</p> <p><b>A3: Exercise intensity</b> Calculating Training Zones using Karvonen Formula and BORG RPE scale. Learning Aim C: Investigate fitness testing for each component. Test fitness levels and compare to normative scores for age group during practical lessons.</p> <p><b>A4: Principles of Training - INSPORRAV</b> Define and apply principles of training to fitness levels and long term effects of training.</p>	<p><b><u>Learning Aim B: Different Fitness Training Methods</u></b></p> <p><b>B1:</b> Describe the <b>requirements</b> for following fitness training methods.</p> <p><b>B2: Explain the ADVANTAGES and DISADVANTAGES</b> of each training method.</p> <p><b>B3:</b> Investigate and apply different fitness training methods.</p> <p><b><u>Learning Aim C: Investigate fitness testing to determine fitness levels</u></b></p> <p><b>C1: Fitness Test Methods</b> for each component.</p> <p><b>C2: Importance of Fitness Testing</b> linking to baseline data for coaches to improve performance.</p> <p><b>C3: Requirements for administration</b> of each fitness test.</p> <p><b>C4: Interpret Fitness Test</b> results comparing to normative values for age group.</p>	<p><b>LA A:</b> Define Components of Fitness. Explain the importance of each component to a sporting activity. Recognise the training zones and calculations to find the working heart rate for Aerobic and Anaerobic Exercise. Identify and explain the principles of training to explain the long term effects of exercise on the components of fitness.</p> <p><b>LA B:</b> Define and explain each method of training. Recognise the events/sporting activities that require each method of training to improve performance.</p>	<p><b>A:</b> Design a Personal Fitness Training Programme.</p> <p><b>A1: Personal Information</b> to aid design: - assess current fitness levels (data from unit 1 can be used), calculate heart rate training zones to inform planning the difficulty of the sessions. Identify from data the strengths and weaknesses.</p> <p><b>A2:</b> Describe goal setting and importance to achieving targets in physical activity.</p> <p><b>A1: Link to Medical History and Current Lifestyle</b> <b>A1:</b> Explain the link between the Principles of Training (Unit 1: Learning Aim A4) applying how each is included in a plan. Develop knowledge of warm ups and coll downs to IMPLEMENT TRAINING PROGRAMME OVER THE 6 WEEK HOLIDAYS</p>		
<b>Assessments / PPEs</b>	Internal end of unit test of each learning aim				<b>External Assessment of Unit 1:</b> Online Assessment 25%	<b>Assignment 1:</b> Initial assessment document / report

Year 11	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Content / topics</b>	<b>Unit 5: Training for Personal Fitness</b> <b>B:</b> Exercise adherence factors and strategies for continued training success. <b>C:</b> Implement a self-designed personal fitness training programme to achieve own goals and objectives. <b>D:</b> Review a personal fitness training programme.		<b>Unit 6: Leading Sports Activities</b> <b>A:</b> Attributes associated with successful leaders. <b>B:</b> Undertake the planning and leading of sports activities. <b>C:</b> Review the planning and leading of sports activities.			
<b>Skills</b>	<b>B1:</b> Explain the factors that prevent participants from adhering to exercise. Explore their own findings from their personal training programme over the summer holidays. <b>B2 &amp; B3:</b> How can BARRIERS be overcome. Pupils think about type of exercise, session length, enjoyment factors, goal setting linked from Learning Aim A.  <b>Learning Aim D:</b> Review a personal fitness programme. Create a log book for each session that is completed. Evidence is needed of the session focus and activities completed with intensity levels recorded (Link to unit 1 component of fitness, methods of training and exercise intensity).		<b>Learning Aim A:</b> Attributes associated with successful leaders. <b>A1:</b> Describe what attributes a good leader has. Explain the qualities and responsibilities they have as a coach.  <b>Learning Aim B:</b> Undertake the planning and leading of sports activities. <b>B1:</b> Explore the skills within sports activities being led (Link to Unit 2: Skills and Techniques) <b>B2:</b> Explain the components that make up a successful coaching session and how to progress the session (Warm up, Main part, Cool Down). <b>B4:</b> Lead sports activities demonstrating attributes and responsibilities. Evaluate the success of each session using a log book of sessions. Plan individual warm ups, cool downs and full sessions.		<b>Learning Aim C:</b> Review the planning and leading of sports activities. <b>C1:</b> Explore different methods of feedback using appropriate forms / checklists or observation forms. <b>C2:</b> Targets for Development linked to goal setting (Unit 5: Learning aim C).	
<b>Assessments / PPEs</b>	<b>Assignment 2:</b> Adherence factor report. <b>Assignment 3:</b> Training programme diary and log book / evaluations of each session.	<b>Assignment 4:</b> Review the impact of the training programme - report.	<b>Assignment 1:</b> Attributes of 2 sports coaches / leaders.	<b>Assignment 2:</b> Plan and lead coaching session.	<b>Assignment 3:</b> Complete a session evaluation based on assignment 2.	