

Subject: Y10 Level 2 BTEC in Sport PE (First Award)
Long-term plan



ST. MARY MAGDALENE
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Week	Month	Learning Intentions and/or Key Questions
Aut1-1	September	Unit1: Fitness for Sport and Exercise Introduction to course & course content/practical assessment 1. Components of fitness; health and skill related components of fitness. Why fitness components are important for sporting success 2. Determining exercise intensity; measuring heart rate (HR), calculating HR training zones, using of the RPE scale as a measure of exercise intensity 3. Principles of training; the basic principles of training including the FITT principle 4. Flexibility training; static and ballistic stretching; proprioceptive neuromuscular facilitation (PNF) technique
Aut1-2		
Aut1-3		
Aut1-4		
Aut1-5	October	
Aut1-6		
Aut1-7		
Half term holiday		
Aut2-1	November	1. Strength, muscular endurance and power training; circuiting training, free weights, plyometrics 2. Aerobic endurance; continuous, fartlek, interval training 3. Speed training; Hollow sprints, acceleration sprints, interval training 4. Fitness testing; why are fitness tests important? Pre-test procedures, accurate measurement and recording of test results, reliability, validity and practicality of fitness test methods 5. Fitness testing methods and results; sit and reach, grip dynamometer, multistage fitness test; step test; 35m sprint; Illinois agility, vertical jump
Aut2-2		
Aut2-3		
Aut2-4		
Aut2-5		
Aut2-6	December	
Aut2-7		
Christmas holiday		
Spr1-1	January	Unit 1 revision/quiz/exam practice 1. Exam skills 1; answering multiple-choice questions; the online test for unit 1 last for 1hr and includes a variety of questions types. There will be questions on all the learning aims: A,B and C 2. Exam skills 2; answering short-answer questions; it is important to familiarize yourself with the features of the online test 3. Exam skills 3; learn how to spot the different command words used in questions. Command words tell you exactly what sort of answer is needed. *Online theory exam (externally assessed)*
Spr1-2		
Spr1-3		
Spr1-4		
Spr1-5		
Spr1-6	February	
Half term holiday		
Spr2-1	March	Unit 7: Anatomy and physiology for sports performance 1. Major voluntary muscles; knowing the location and actions of the voluntary muscles. 2. Slow and fast twitch muscle fibres; knowing and understanding the different fibres of muscles important for sporting success. 3. Bones of the skeletal system; understanding the bones of the skeleton and where they are located. 4. Function of the skeletal system; protection, movement, support, shape; blood production and storage of minerals. 5. Joints and movements; understanding joints are essential to successful sports performance 6. Structure of the heart; understanding the structure of the heart in order to understand the short-and long-term effects on exercise on the heart
Spr2-2		
Spr2-3		
Spr2-4		
Spr2-5		
Spr2-6		

		7. Understanding the functions of both the cardiovascular and respiratory systems;
	April	Easter holiday
Sum1-1	May	Unit 2: Practical Sports Performance <ol style="list-style-type: none"> 1. Rules (or laws) in sport; National Governing Bodies, unwritten rules 2. Regulations in sport and scoring; Players and participants, equipment, health and safety 3. Application of the rules/laws of sports; Referees, umpires, judges, timekeepers' starters. 4. Responsibilities of officials; Appearance, interpretation and application of the rules, control of players and effective communication
Sum1-2		
Sum1-3		
Sum1-4		
Sum1-5		
Sum1-6		
	June	Half term holiday
Sum2-1	June	<ol style="list-style-type: none"> 1. Technical demands of sport; Movement, use of equipment, communication and interaction and other demands 2. Tactical demands of sport; Decision making, defending and attacking, choice and use of shorts or strokes, conditions, use of space 3. Safe and appropriate participation; relevant skills and technique relevant tactics, effective use of skills, techniques and tactics 4. Observation checklist; physical, tactical and technical demands 5. Review and improve individual performance; sport-specific strengths and area for improvement, non-sport specific strengths and areas for improvement
Sum2-2		
Sum2-3		
Sum2-4		
Sum2-5	July	
Sum2-6		
Sum2-7		

Subject: Y10 LEVEL 2 BTEC IN SPORT**Unit:** Fitness for Sport & Exercise**Medium-term plan (1)****ST. MARY MAGDALENE**

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Week	Learning Intentions/Key Questions	Learning goals for students/ content to cover	Suggested activities and differentiation	Resources needed
1	Introduction to Level 2 BTEC in Sport PE Unit 1: Fitness for sport and exercise	To learn about the components of fitness, and why these are important for success in different sports	Discuss the different health and skill related components of fitness for each sport.	Complete components of fitness worksheet
2	Components of fitness part 1: Skill related components of fitness	Learn and understand each of the skill related components of fitness To be able to write a definition for each component and explain its importance for sporting success	Make a list of sports. Link each sport to a component of fitness. Identify whether it is a skill or health related component.	Worksheets Video clips
3	Components of fitness part 2: Health related components of fitness	Learn and understand each of the health-related components of fitness To be able to write a definition for each component and explain its importance for sporting success	Make a list of sports. Link each sport to a component of fitness. Identify whether it is a skill or health related component.	Worksheets Video clips
4	Determining exercise intensity; measuring heart rate (HR) Why is training intensity important?	To understand target HR for appropriate training zone Define key terms: Resting HR Maximum HR	Calculate maximum HR Intense physical activity then record HR Rating of Perceived Exertion (RPE)	Worksheets Mini whiteboards Pens Whistle Cones
5	Principles of training Why are principles of training important for a sports performer?	To be able to identify the different principles of training To be able to explain each principle and its importance	Identify all principles of training, explain their importance for improving fitness.	Complete exam questions Worksheets Video clips

			Complete 4 exam questions about principles of training	
6	Methods of training	To identify and explain which methods of training can improve relevant components of fitness.	List all methods of training Introduce new methods; flexibility and plyometric training methods	Worksheets Video clips