

# Physical Education - Subject outline BTEC Sport Year 10

Half Term	Core learning	Assessment tasks
Autumn 1 <sup>st</sup>	<u>Unit 1 Fitness Testing and Training</u> <ul style="list-style-type: none"> <li>• Fitness training requirements to achieve excellence in a selected sport.</li> <li>• Assessing your own fitness level</li> </ul>	Fitness Assignment 1 – Presentation on fitness components.
	<u>Unit 2 Practical Sport (Rugby and Netball)</u> <ul style="list-style-type: none"> <li>• Demonstrate a range of skills, techniques and tactics in selected sports.</li> <li>• Review sports performance.</li> </ul>	Practical Assignment 1 – Video and analysis of performance (Rugby and Netball only)
	<u>Unit 7 Planning and Leading Sports Activities</u> <ul style="list-style-type: none"> <li>• Introduction to sports leadership</li> <li>• Preparing to visit primary schools (group 1)</li> <li>• Leadership in rugby and netball</li> </ul>	Leadership Assignments (for student s in primary schools this half term) <ol style="list-style-type: none"> <li>1. Plan, lead and evaluate a sports activity.</li> <li>2. Assist in planning and leading a sports event</li> </ol>
<b>Half term</b>		
Autumn 2 <sup>nd</sup>	<u>Unit 1 Fitness Testing a training</u> <ul style="list-style-type: none"> <li>• Assessing and evaluating fitness levels.</li> <li>• Fitness Training methods.</li> </ul>	Fitness Assignment 2 – Carry out and interpret fitness tests. Identify how to improve fitness.
	<u>Unit 2 Practical Sport (Badminton and Trampolining)</u> <ul style="list-style-type: none"> <li>• Demonstrate a range of skills, techniques and tactics in selected sports.</li> <li>• Review sports performance.</li> </ul>	Practical Assignment 1 – Video and analysis of performance (Badminton and Trampolining only)
	<u>Unit 7 Planning and Leading Sports Activities</u> <ul style="list-style-type: none"> <li>• Preparing to visit primary schools (group 2)</li> <li>• Leadership in multi skill activities.</li> </ul>	Leadership Assignments (for student s in primary schools this half term) <ol style="list-style-type: none"> <li>1. Plan, lead and evaluate a sports activity.</li> <li>2. Assist in planning and leading a sports event</li> </ol>
<b>Christmas Holiday</b>		
Spring 1 <sup>st</sup>	<u>Unit 1 Fitness Testing and Training</u> <ul style="list-style-type: none"> <li>• Lifestyle factors that affect sports performance</li> <li>• Psychological factors and sports performance.</li> </ul>	Fitness Assignment 3 – Lifestyle and psychological factors and sports performance.
	<u>Unit 2 Practical Sport (Football and hockey)</u> <ul style="list-style-type: none"> <li>• Demonstrate a range of skills, techniques and tactics in selected sports.</li> <li>• Review sports performance.</li> </ul>	Practical Assignment 1 – Video and analysis of performance (Football and hockey only)
	<u>Unit 7 Planning and Leading Sports Activities</u> <ul style="list-style-type: none"> <li>• Preparing to visit primary schools (group 3)</li> <li>• Leadership in football and hockey</li> </ul>	Leadership Assignments (for student s in primary schools this half term) <ol style="list-style-type: none"> <li>1. Plan, lead and evaluate a sports activity.</li> <li>2. Assist in planning and leading a sports event</li> </ol>

<b>Half term</b>		
<b>Spring 2<sup>nd</sup></b>	<u>Unit 4 Anatomy and Physiology for Sport</u> <ul style="list-style-type: none"> <li>The structure and function of the skeleton</li> </ul>	Assignment 1 -
	<u>Unit 2 Practical Sport (Athletics)</u> <ul style="list-style-type: none"> <li>Demonstrate a range of skills, techniques and tactics in selected sports.</li> <li>Review sports performance.</li> </ul>	Practical Assignment 1 – Video and analysis of performance (Athletics only)
	<u>Unit 7 Planning and Leading Sports Activities</u> <ul style="list-style-type: none"> <li>Preparing to visit primary schools (group 4)</li> <li>Leadership in cricket and rounders’</li> </ul>	Leadership Assignments (for student s in primary schools this half term) <ol style="list-style-type: none"> <li>Plan, lead and evaluate a sports activity.</li> <li>Assist in planning and leading a sports event</li> </ol>
<b>Easter Holiday</b>		
<b>Summer 1<sup>st</sup></b>	<u>Unit 4 Anatomy and Physiology for Sport</u> <ul style="list-style-type: none"> <li>The structure and function of the muscular system.</li> <li>The structure and function of the cardiovascular system.</li> </ul>	Assignment 2 – Assignment 3 -
	<u>Unit 2 Practical Sport (Cricket and rounders’)</u> <ul style="list-style-type: none"> <li>Demonstrate a range of skills, techniques and tactics in selected sports.</li> <li>Review sports performance.</li> </ul>	Practical Assignment 1 – Video and analysis of performance (Cricket and rounders’ only)
	<u>Unit 7 Planning and Leading Sports Activities</u> <ul style="list-style-type: none"> <li>Preparing to visit primary schools (group 5)</li> <li>Leadership in Athletics</li> </ul>	Leadership Assignments (for student s in primary schools this half term) <ol style="list-style-type: none"> <li>Plan, lead and evaluate a sports activity.</li> <li>Assist in planning and leading a sports event</li> </ol>
<b>Half term</b>		
<b>Summer 2<sup>nd</sup></b>	<u>Unit 4 Anatomy and Physiology for Sport</u> <ul style="list-style-type: none"> <li>The structure and function of the respiratory system.</li> </ul>	Assignment 4 –
	<u>Unit 2 Practical Sport (Tennis)</u> <ul style="list-style-type: none"> <li>Demonstrate a range of skills, techniques and tactics in selected sports.</li> <li>Review sports performance.</li> </ul>	Practical Assignment 1 – Video and analysis of performance (Tennis only)
	<u>Unit 7 Planning and Leading Sports Activities</u> <ul style="list-style-type: none"> <li>Preparing to visit primary schools (group 6)</li> <li>Review of leadership activities</li> <li>What makes a good sports Leader</li> </ul>	Leadership Assignments (for studen s in primary schools this half term) <ol style="list-style-type: none"> <li>Plan, lead and evaluate a sports activity.</li> <li>Assist in planning and leading a sports event</li> </ol> All students: Assignment 3 – Qualities of a successful sports leader.
<b>Summer Holiday</b>		