

Year 10 BTEC Sport Learning Programme 4

Reading texts that pupils will study during the learning programme

Loric for LP4 is Initiative – students are taught how to think independently and are given opportunities to gain new experiences that enable them to use their imagination and common sense

The values we are learning about are **Justice** and **Integrity**:

Justice - Fair behaviour or treatment

Integrity - Being honest and having strong moral principles

What will I be learning about in this Learning Programme?

Students will investigate the components of fitness and their effect on performance, take part in practical sport, explore the role of officials in sport and learn to apply methods and sporting drills to improve other participants' sporting performance.

Where have I seen this learning before?

Throughout KS3 students have learnt about the principles of training and preparing participants for sport.

What could I use it for?

Knowledge of GOAL setting and components of fitness will be used in component 3 exam content

BTEC Sport Edexcel Revision guide and Exam Questions

In LP4.1, I will know:	11/03/24 - (WK 1)	PR Focus	Key Vocabulary	Homework
how different components of skill-related fitness are used in different physical activities			Aerobic endurance, muscular endurance, muscular strength, speed, flexibility and body composition	
In LP4.2, I will know:	18/03/24 - (WK 2)	PR Focus	Key Vocabulary	Homework
how different components of physical fitness are used in different physical activities			Power, Agility, Reaction Time, Balance, Coordination	
In LP4.3, I will know:	8/04/24 - (WK 1)	PR Focus	Key Vocabulary	Homework
how to participate in sports and understand the roles and responsibilities of officials; how to explain techniques, strategies and fitness required for different sports Extended Task			Compete, Referee, rules, competing, sport, action, correct steps	
In LP4.4, I will know:	15/04/24 - (WK 2)	PR Focus	Key Vocabulary	Homework
how to participate in sports and understand the roles and responsibilities of officials; the role of the officials in a chosen team sport.			Compete, Referee, rules, competing, sport, action, correct steps	
In LP4.5, I will know:	22/04/24 - (WK 1)	PR Focus	Key Vocabulary	Homework
how to participate in sports and understand the roles and responsibilities of officials; the rules and regulations in a chosen team sport			Compete, Referee, rules, competing, sport, action, correct steps	
In LP4.6, I will know:	29/04/24 - (WK 2)	PR Focus	Key Vocabulary	Homework
ways to improve participants sporting technique how to plan drills and conditioned practices to develop participants sporting skills Extended Task			Display, Preparation, Isolated, Execution, Player, Competitor, Coaching, Training	
In LP4.7, I will know:	6/05/24 - (WK 1)	PR Focus	Key Vocabulary	Homework
ways to improve participants sporting technique how to plan drills to improve sports performance			Model, Development, Repetition, Play, Skill	
In LP4.8, I will know:	13/05/24 - (WK 2)	PR Focus	Key Vocabulary	Homework
how to evaluate performance and ensure training log is up to date			Check, Training, Justify, Sport, Performance	

Resources to support learning:

Top End Sports

FFET Award Challenge for this Learning Programme:

Attend an extra-curricular club, represent the academy at an event, attend an enrichment day, receive a subject praise postcard, attend a day trip, attend a head of year breakfast or afternoon tea, achieve 100 positive points on class charts, receive a letter of commendation from SLT, be invited to a wonderful Wednesday, receive a principals letter or be invited to a principals lunch, attend a residential trip, achieve the Duke of Edinburgh bronze award.

