

Year 10 BTEC Sport Learning Programme 5

Reading texts that pupils will study during the learning programme

Loric for LP5 is communication

The value we are learning about is **Compassion**:
Compassion - demonstrating care and concern for others

Assignment Brief

What will I be learning about in this Learning Programme?

Students will understand each of the components of physical and skill-related fitness. They will be able to apply this understanding to how these components of fitness are used in team sports, individual sports, outdoor activities and physical fitness activities and how they impact on

Where have I seen this learning before?

Throughout KS3 you have learnt about the components of fitness required for numerous different sports. LP1/2 you learnt about the different sectors of sport and provision for sport in the UK and in your local area.

What could I use it for?

In Learning aim B you will be required to practically demonstrated you understanding of skills in a selected sport.

In LP5.1, I will know:	20/05/24 - (WK 1)	PR Focus	Key Vocabulary	Homework
the components of physical fitness about Aerobic Endurance, Muscular Endurance, Flexibility.			Aerobic Endurance, Flexibility, Muscular Endurance, Speed, Muscular Strength	
In LP5.2, I will know:	03/06/24 - (WK 2)	PR Focus	Key Vocabulary	Homework
the components of physical fitness about Speed, Muscular Strength, Body composition.			Aerobic Endurance, Flexibility, Muscular Endurance, Speed, Muscular Strength, Body Composition, Agility, Power, Coordination, Reaction Time	
In LP5.3, I will know:	10/06/24 - (WK 1)	PR Focus	Key Vocabulary	Homework
how the physical components of fitness are used in different physical activities Extended Task			Aerobic Endurance, Flexibility, Muscular Endurance, Speed, Muscular Strength	
In LP5.4, I will know:	17/06/24 - (WK 2)	PR Focus	Key Vocabulary	Homework
the components of skill-related fitness; agility & Balance			Aerobic Endurance, Flexibility, Muscular Endurance, Speed, Muscular Strength, Body Composition, Agility, Power, Coordination, Reaction Time	
In LP5.5, I will know:	24/06/24 - (WK 1)	PR Focus	Key Vocabulary	Homework
the components of skill-related fitness; coordination, Power, Reaction Time			Aerobic Endurance, Flexibility, Muscular Endurance, Speed, Muscular Strength	
In LP5.6, I will know:	01/06/24 - (WK 2)	PR Focus	Key Vocabulary	Homework
how the skill-related components of fitness are used in different physical activities Extended Task			Aerobic Endurance, Flexibility, Muscular Endurance, Speed, Muscular Strength, Body Composition, Agility, Power, Coordination, Reaction Time	
In LP5.7, I will know:	08/07/24 - (WK 1)	PR Focus	Key Vocabulary	Homework
how to complete my assignment following the Pearson Set Assessment window opening; how to complete Learning Aim A Task 1			Aerobic Endurance, Flexibility, Muscular Endurance, Speed, Muscular Strength	
In LP5.8, I will know:	15/07/24 - (WK 2)	PR Focus	Key Vocabulary	Homework
pearson Set Assessment window opens learning Aim A Task 1 Completion			Aerobic Endurance, Flexibility, Muscular Endurance, Speed, Muscular Strength, Body Composition, Agility, Power, Coordination, Reaction Time	



Resources to support learning:

Top End Sports , BBC Bitesize PE , BTEC Sport Revision Guide

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.