

Year 10 BTEC Sport Learning Programme 3

Reading texts that pupils will study during
the learning programme

Loric for LP3 is Resilience

The values we are learning about are respect and justice

BTEC Sport Exam Questions

Respect - a feeling of deep admiration for someone or something elicited by their abilities, qualities or achievements

Justice - fair behaviour or treatment

What will I be learning about in this Learning Programme?

I will know how to prepare participants to take part in physical activity.

Where have I seen this learning before?

In LP2 we developed our understanding of the different types of equipment used to take part in sport and physical activities. I will also explore the different technology available for participation in different sport and physical activities. I will also learn about the benefits and limitations of technology for sport and physical activity participation.

What could I use it for?

You will apply your knowledge of various sports equipment and technologies to complete Component 2, Task 2 of your BTEC Sport coursework. Demonstrating a clear understanding of their limitations and potential barriers will enhance the depth of your analysis and support you in achieving a higher grade.

In LP3.1, I will know :	06/01/2025 - (WK 2)	Behaviour to support the values: STEPS/SLANT	Homework
how to prepare participants to take part in physical activity such as warm up and pulse raiser; the response of the cardio-respiratory system when exercising.		I will show respect by actively listening to others	Homework tasks are located in the Knowledge Organisers
In LP3.2, I will know :	13/01/2025 - (WK 1)	Behaviour to support the values: STEPS/SLANT	Homework
the response of the musculoskeletal system; how to demonstrate a mobiliser.		I will show justice by speaking up when something is not right	Homework tasks are located in the Knowledge Organisers
In LP3.3, I will know :	20/01/2025 - (WK 2)	Behaviour to support the values: STEPS/SLANT	Homework
the different types of stretching. the importance of stretching your muscles before exercise. Extended Task		I will show respect by being punctual and not wasting the time of others	Homework tasks are located in the Knowledge Organisers
In LP3.4, I will know :	27/01/2025 - (WK 1)	Behaviour to support the values: STEPS/SLANT	Homework
how to adapt a warm-up and the factors to consider; how to demonstrate and deliver a warm up.		I will show justice by being inclusive and accepting everyone regardless of our differences	Homework tasks are located in the Knowledge Organisers
In LP3.5, I will know :	03/02/2025 - (WK 2)	Behaviour to support the values: STEPS/SLANT	Homework
and understanding how different components of fitness are used; and be able to define the components of physical fitness.		I will show respect by taking care of the school property	Homework tasks are located in the Knowledge Organisers
In LP3.6, I will know :	10/02/2025 - (WK 1)	Behaviour to support the values: STEPS/SLANT	Homework
which components of physical fitness relate to which sport; and be able to define the components of physical fitness.		I will show justice by supporting others of seeking help when required	Homework tasks are located in the Knowledge Organisers
LP3 RLW, I will:	24/02/2025 - (WK 2)	Behaviour to support the values: STEPS/SLANT	Homework
review my learning, recalling and applying key knowledge, focus on closing any gaps in my knowledge and prepare effectively for the upcoming assessments.		I will show respect by actively listening to others	Homework tasks are located in the Knowledge Organisers
In LP3.7, I will know :	03/03/2025 - (WK 1)	Behaviour to support the values: STEPS/SLANT	Homework
and be able to define the components of skill related fitness; which components of skill related fitness relate to which sport; the application of components of fitness.		I will show respect by recognising and celebrating the achievements of myself and others	Homework tasks are located in the Knowledge Organisers
Resources to support learning:			
P6, Class revision material, Teams.			
FFET Award Challenge for this Learning Programme:			
Watch different sporting events, games or races either in person or online and identify the key rules and regulations that officials follow in the game (e.g. a football referee).			

PRT Task 1

PRT Task 2