

## Year 10 BTEC Sport Learning Programme 3

The LORIC skill focus for this LP is: RESILIENCE The values for this LP are RESPECT and JUSTICE Respect - treat others how you would wish to be treated yourself. Justice - our College rules are fair and reasonable			Literacy Non-Negotiables: <ul style="list-style-type: none"><li>• Capital letters must be used at the start of sentences and for the first letter of proper nouns</li><li>• Full stops must be used at the end of a sentence</li><li>• Question marks must be used at the end of a question</li><li>• Apostrophes should only be used for possession or omission</li><li>• Days of the week and months must be spelled correctly</li><li>• Key words must be spelled correctly</li><li>• Vocabulary to be taught using the Frayer model</li></ul>
What will I be learning about in this Learning Programme? How to prepare participants to take part in physical activity.			
Where have I seen this learning before? In LP2 we developed our understanding around 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? In Year 11 BTEC Sport we will evaluate how participants partake in physical activity and complete exam questions on preparation for sport.			
In LP3.1, I will know:	05/01/26 - (WK 2)	Frayer Model Words	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.		Cardiorespiratory, musculoskeletal system, components, overload, principles.	Use the 'Look, cover, write, check' method to list the key training principles/key terms of your sport or activity.
In LP3.2, I will know:	12/01/26 - (WK 1)	Frayer Model Words	Homework
The response of the musculoskeletal system to exercise. How to demonstrate a mobiliser.		Cardiorespiratory, musculoskeletal system, components, overload, principles.	Create a list of the positions (team sports) or events in your sport (athletics)
In LP3.3, I will know:	19/01/26 - (WK 2)	Frayer Model Words	Homework
The different types of stretching in sport/physical activity, including passive, dynamic and static. The importance of stretching your muscles before exercise.		Cardiorespiratory, musculoskeletal system, components, overload, principles.	Make flashcards on the tactics you could use within your sport/activity to gain an advantage (e.g. how to get a head start)
In LP3.4, I will know:	26/01/26 - (WK 1)	Frayer Model Words	Homework
How to adapt a warm-up and the factors to consider. How to demonstrate and deliver a warm up.  Extended Task.		Cardiorespiratory, musculoskeletal system, components, overload, principles.	Practice some of the key techniques that are used within your sport/activity at home.
In LP3.5, I will know:	02/02/26 - (WK 2)	Frayer Model Words	Homework
How different components of fitness are used. How to define the components of physical fitness.		Cardiorespiratory, musculoskeletal system, components, overload, principles.	Use a method of your choice to revise the rules for your sport/activity.
In LP3.6, I will know:	09/02/26 - (WK 1)	Frayer Model Words	Homework
Which components of physical fitness relate to which sport. How to define the components of physical fitness.		Cardiorespiratory, musculoskeletal system, components, overload, principles.	Create a list of the barriers to participation for individuals in sport and how these can be overcome.
LP3 RLW, I will:	23/02/26 - (WK 2)	Frayer Model Words	Homework
review my learning, recalling and applying key knowledge, and focus on closing any gaps in my knowledge.		Cardiorespiratory, musculoskeletal system, components, overload, principles.	List the types of provisions in sport and explain the advantages/disadvantages of each
In LP3.7, I will know:	02/03/26 - (WK 1)	Frayer Model Words	Homework
How to define the components of skill related fitness. Which components of skill related fitness relate to which sport. The application of components of fitness.  Extended Task.		Cardiorespiratory, musculoskeletal system, components, overload, principles.	Use a method of your choice to revise the rules for your sport/activity.
Resources to support learning: Knowledge organisers, P6, Class revision material, synergy.			
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). Identify the technology and equipment used in the sport and create a list of why it is beneficial.			

PRT Task 1

PRT Task 2