

Year 10 BTEC SPORT Learning Programme 4			
<p>The LORIC skill focus for this LP is: INITIATIVE. The Moral Values foci for this LP are: INTEGRITY and GRATITUDE.</p> <p>Integrity - Having strong moral principles. I will show integrity by taking responsibility for my actions. Gratitude - Feeling and expressing thanks. I will show gratitude by saying please and thank you.</p> <p>What will I be learning about in this Learning Programme? I will know how to participate in sport and understand rules and regulations in sport.</p> <p>Where have I seen this learning before? In LP3 we developed an understanding of preparing participants to take part in physical activity.</p> <p>What could I use it for? LP5 I will continue to develop knowledge around rules, regulations and performance enhancement.</p>		<p>Literacy Non-Negotiables:</p> <ul style="list-style-type: none"> • Capital letters must be used at the start of sentences and for the first letter of proper nouns • Full stops must be used at the end of a sentence • Question marks must be used at the end of a question • Apostrophes should only be used for possession or omission • Days of the week and months must be spelled correctly • Key words must be spelled correctly • Vocabulary to be taught using the Frayer model 	
In LP4.1, I will know:	09/03/26 - (WK 2)	Frayer Model Words	Homework
<p>How to participate in sport and understand rules and regulations The different strategies and tactics in sports</p>		Isolated practice, tactics, strategies, rules & regulations, types of equipment, components of fitness	Use the 'Look, cover, write, check' method to list the key training principles/key terms of athletics
In LP4.2, I will know:	16/03/26 - (WK 1)	Frayer Model Words	Homework
<p>How to demonstrate different isolated practices The benefits of isolated practices</p>		Isolated practice, tactics, strategies, rules & regulations, types of equipment, components of fitness	Create a list of the positions (team sports) or events in your sport (athletics)
In LP4.3, I will know:	23/03/26 - (WK 2)	Frayer Model Words	Homework
<p>How to develop my skills and techniques to improve my isolated practices Different practice sessions which includes competitive situations</p> <p>Extended Task.</p>		Isolated practice, tactics, strategies, rules & regulations, types of equipment, components of fitness	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 LP4.4, I will know:	13/04/26 - (WK 1)	Frayer Model Words	Homework
<p>How to demonstrate a range of skills/techniques Different types of officiating in sports</p>		Isolated practice, tactics, strategies, rules & regulations, types of equipment, components of fitness	Practice some of the key techniques that are used within your sport/activity at home.
In LP4.5, I will know:	20/04/26 - (WK 2)	Frayer Model Words	Homework
<p>The rules and responsibilities of officiating in sports The rules and regulations in sports set by the NGB</p>		Isolated practice, tactics, strategies, rules & regulations, types of equipment, components of fitness	Use a method of your choice to revise the rules for your sport/activity.
In LP4.6, I will know:	27/04/26 - (WK 1)	Frayer Model Words	Homework
<p>The rules and regulations in sport such as: number of players, length of time play, additional time and rolling clock The rules and regulations in sport such as: scoring system and playing system</p> <p>Extended Task.</p>		Isolated practice, tactics, strategies, rules & regulations, types of equipment, components of fitness	Create a mind-map of the key movements in your sport/activity.
In LP4.7, I will know:	04/05/26 - (WK 2)	Frayer Model Words	Homework
<p>The rules and regulations in sport such as: equipment and projective equipment The rules and regulations in sport such as: starting and re-starting play, non-adherence to the rules</p>		Isolated practice, tactics, strategies, rules & regulations, types of equipment, components of fitness	Create a strengths and weaknesses list/table for athletics around your knowledge.
<p>Resources to support learning: Knowledge organisers, class revision material and synergy</p>			
<p>FFET Award Challenge for this Learning Programme: Students will apply their knowledge of rules, strategies, techniques, practices, and officiating to design, organise, and deliver a mini-sport event (e.g., short match, skills challenge, or multi-activity station).</p>			

PRT Task 1

PRT Task 2