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| **Core Knowledge Map** |
| Subject: BTEC Sport | Year: 10 | Activity Area: Component 2 |
| What are we learning? |
| A Understand how different components of fitness are used in different physical activitiesB Be able to participate in sport and understand the roles and responsibilities of officialsC Demonstrate ways to improve participants sporting techniques |
| How will I be assessed  |
| The assignment for this component consists of four tasks. ● In response to Task 1, learners will demonstrate their knowledge and understanding of the components of fitness. This is in the form of an extended piece of writing.● In response to Task 2, learners will demonstrate their skill in a selected sport in isolated practice and skill and strategy in competitive situations. This will be a video or series of video clips.● In response to Task 3, learners will demonstrate their knowledge and understanding of officials in sport and two key rules and regulations in sport. This is in the form of a power point presentation (students do not need to present).● In response to Task 4, learners will demonstrate their knowledge and understanding of a sport and provide specific drills to improve participants sporting techniques. In the form of a written training plan.Additionally, they will produce video evidence of these skills including specific guidance and teaching points. |
| Big questions: |
| * How do I improve someone else’s performance?
* How do I demonstrate my own skill level?
* What is the role of an official?
* What components of fitness are needed in different sports?
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| How does this build on previous learning? | How will this link to my future learning? |
| * Building on your knowledge of skills learnt in PE during year 7,8 & 9
* Developing the leadership skills you may have developed during PE in year 7,8 & 9
 | * This could lead into a level 3 sports course such as BTEC Sport Level 3 and A Level PE
* There will be significant cross curricular learning with Science
* The leadership skills could help you in your future career – talking to others, leading situations
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| Core knowledge & Key Vocabulary |
| A1 Components of physical fitness Learners will know the definition of each component of physical fitness and their potential impact on sporting performance. ● Aerobic endurance ● Muscular endurance ● Muscular ● Speed ● Flexibility ● Body composition A2 Components of skill-related fitness Learners will know the definition of each component of skill-related fitness and understand their potential impact on sporting performance. ● Power ● Agility ● Reaction time ● Balance ● Coordination B1 Techniques, strategies and fitness required for different sports Learners will be able to demonstrate a range of skills and strategies for a selected sport, in both isolated practices and competitive situations. ● Skills, e.g. passing, scoring, travelling, intercepting. ● Strategies, e.g. tactics and decision making. ● Isolated practice – practices that focus on one skill at a time. ● Competitive situation ● Key officials and their roles in sports competitions: o referee/umpire o assistant referee/line umpireo scorers/judgeso timekeepers o video review officials. ● Responsibilities of the officials: C1 Planning drills and conditioned practices to develop participants’ sporting skills Learners will know how to work with sports participants to help to improve their sporting skills. ● Unopposed stationary drills o drills with the introduction of travel o drills with passive opposition o drills with active opposition. ● Conditioned practices – using rule changes to focus on a specific skill.  |
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