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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 activities  B Be able to participate in sport and understand the roles and responsibilities of officials  C 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? | | | |
| 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 | |
| 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 umpire  o scorers/judges  o 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. | | | |
| Need more help? | | | |
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