

Year 10 BTEC Level 2 Tech Award in Sport, Activity and Fitness	
Yearly Plan	
Content of study	The students will be taught the following components throughout the first year of the BTEC course: 1. Component 1: Preparing Participants to Take Part in Sport and Physical Activity 2. Component 2: Taking Part and Improving Other Participants Sporting Performance
What are the aims and objectives of this year?	Aims and objectives for each component include: Component 1: Preparing Participants to Take Part in Sport and Physical Activity Learners will explore the different types and provision of sport and physical activity available for different types of participants, barriers to participation and ways to overcome these barriers to increase participation in sport and physical activity. They will also research equipment and technological advances in a chosen sport or physical activity and how to prepare our bodies for participation in sport and physical activity. In this component, you will also explore how technology can enhance and develop performance in sport and physical activity. Technology can be used as a tool to enhance participation in sport and activity. This component investigates the benefits that technological advances have created in the sector and the potential limitations that technology may still have. It is important to have a healthy body if you want to be successful in sport and activities. This component focuses on the impact of sport and activity on the body systems, giving you the fundamental underpinning knowledge for study in this sector. You will study the short- and long-term effects of regular participation in exercise to understand how we can enhance our body systems through sport. In this component, you will develop transferable skills, such as research and analytical skills and will give you opportunities to develop skills in the different technologies used in sport and activity, which will support your progression to Level 2 or 3 vocational or academic qualifications. Learning outcomes A: Explore types and provision of sport and physical activity for different types of participant B: Examine equipment and technology required for participants to use when taking part in sport and physical activity C: Be able to prepare participants to take part in sport and physical activity.

Component 2: Component 2: Taking Part and Improving Other Participants Sporting Performance

Learners will investigate the components of fitness and their effect on performance, take part in practical sport, explore the role of officials in sport and learn to apply methods and sporting drills to improve other participants' sporting performance.

This component focuses on learning about sport through participation as a player, understanding the roles of an official and learning about practical ways to improve other participants' sporting performance. This will help you to develop your own sporting skills as well as give you a good understanding of the rules of the sport so that you are able to adhere to these rules when participating. In addition, it will also help you to understand and apply different methods to improve other participants' sports performance.

This component introduces you to the different components of physical and skill-related fitness and how they impact on performance in a variety of different types of sports and physical activities. You will explore the different skills required for participation and the different strategies that can be used to develop performance. Having a good understanding of the rules of sport is important for both participant and officials. You will learn about the different types of official and their roles in different sports and the rules of the different sports.

Lastly, this component will help you to explore ways to improve other participants' performance through breaking down skills and techniques into their component parts and using demonstrations, teaching points and appropriate drills to develop and improve their performance.

In this component, you will develop transferable skills, such as communication, problem solving and analytical skills. It will give you opportunities to develop and improve own and other's sporting performance, which will support your progression to Level 2 or 3 vocational or academic qualifications

Learning outcomes

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

Component 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity

Learners will be introduced to and develop an understanding of the importance of fitness and the different types of fitness for performance in sport and physical activity. They will also develop an understanding of the body and fitness testing.

Students will make a start to this component during the year, however the content will continue into year 11 as the first assessment for this component is not until January/February 2024.

What previous knowledge is required?	As a qualification designed to be used in Key Stage 4, there are no formal entry requirements. The students start the GCSE course fresh in terms of theoretical knowledge, although there are anatomy and physiology links from KS3 Science/Biology. The application of data and using/manipulating formula's to workout relevant heart rate data is also linked to prior knowledge in both Science and Maths. The students are also expected to reach a certain grade in English as is a pre-requirement when joining the course due to the amount of AO2 & AO3 style questions used for assessment.
How will this term's content help with future learning?	Study of the qualification as part of Key Stage 4 learning will help learners to make more informed choices for further learning, either generally or in this sector. Learners who generally achieve at Level 2 across their Key Stage 4 learning might consider progression to: • A Levels as preparation for entry to higher education in a range of subjects • Study of a vocational qualification at Level 3, such as a BTEC National in Sport (2016) or a BTEC National in Sport and Exercise Science (2016), which prepares learners to enter employment or apprenticeships, or to move on to higher education by studying a degree in the Sport Sciences or teaching sectors. Learners who generally achieve at Level 1 across their Key Stage 4 learning might consider progression to: • Study at Level 2 post-16 in a range of technical routes designed to lead to work, to progression to employment via apprenticeships or further study at Level 3 • Study at Level 2 post-16 through a technical qualification, such as the Pearson BTEC Level 2 Technical Diploma in Sport and Activity Leaders. Learners who perform well in this qualification compared to their overall performance, should strongly consider this progression route as it can lead to employment in the sport sector.
Resources	1. Blended Learning Academy (pe.futureschoolstrust.com)- students have their own log-in details. This site is designed by the PE department and offers an online revision and homework tool for the students. 2. Sport (2022) BTEC Tech Award Pearson qualifications
Links to the national curriculum/specific ation	The Tech Award gives learners the opportunity to develop sector-specific applied knowledge and skills through realistic vocational contexts. Learners will have the opportunity to develop applied knowledge and skills in the following areas: • investigating provisions for sport including equipment and facilities to enhance sport • planning and delivery of sport drills and sessions • fitness for sport including fitness testing and methodology. This Tech Award complements the learning in GCSE programmes such as GCSE Physical Education by providing further depth via analysis to the GCSE programmes use of sports theoretical knowledge to improve performance in participants. Also, in the BTEC exploration of the provision and types of sports suited to different individuals with different needs is well suited to the GCSE's depth study into key socio-cultural influences. Finally, the BTEC offers leadership and teaching in sport, which is not approached directly by the GCSE.

Assessments	Only one formal assessment is conducted this academic year: • Component 1: Assessment window will occur in the January/February of 2023 • Components 2 & 3: will not be formally assessed until January/February 2024.

BTEC TECH AWARD

PROGRAMME OF STUDY 2022-23

YEAR 10

Component 1 = 

SA = 

Component 2 = 

Component 3 = 

Week beginning	Lesson 1	Lesson 2	Lesson 3
	10C - Mon 4a JMO 10D - Tues 5 CED	10C - Wed 2 JMO 10D - Wed 1 LH	10C - Fri 4a JU 10D - Thur 1 JU
Mon 5th September	INTRODUCTION TO THE COURSE	INTRODUCTION TO THE COURSE	LOA – A1 Types and providers of sport and physical activities
Mon 12th September	LOA – A1 Types and providers of sport and physical activities	LOA – A1 Types and providers of sport and physical activities	LOA – A1 Types and providers of sport and physical activities
Mon 19th September	LOA – A1 Types and providers of sport and physical activities	LOA – A1 Types and providers of sport and physical activities	LOA - A2 Types and needs of sport and physical activity participants
Mon 26th September	LOA A2 Types and needs of sport and physical activity participants	LOA A2 Types and needs of sport and physical activity participants	LOA A2 Types and needs of sport and physical activity participants
Mon 3rd October	LOA A3 Barriers to participation in sport and physical activity for different types of participant	LOA A3 Barriers to participation in sport and physical activity for different types of participant	LOA A3 Barriers to participation in sport and physical activity for different types of participant

Mon 10th October	LOA A4 Methods to address barriers to participation in sport and physical activity for different types of participant	LOA A4 Methods to address barriers to participation in sport and physical activity for different types of participant	LOA A4 Methods to address barriers to participation in sport and physical activity for different types of participant
Mon 17th October	LOB B1 Different types of sports clothing and equipment required for participation in sport and physical activity	LOB B1 Different types of sports clothing and equipment required for participation in sport and physical activity	LOB B1 Different types of sports clothing and equipment required for participation in sport and physical activity
Monday 24 October- Friday 4th November (term break)			
Mon 7th November	LOB B1 Different types of sports clothing and equipment required for participation in sport and physical activity	LOB B1 Different types of sports clothing and equipment required for participation in sport and physical activity	COMPONENT 3 – EXAM CONTENT A1 The importance of fitness for successful participation in sport
Mon 14th November	LOB B2 Different types of technology and their benefits to improve sport and physical activity participation and performance	LOB B2 Different types of technology and their benefits to improve sport and physical activity participation and performance	COMPONENT 3 – EXAM CONTENT A1 The importance of fitness for successful participation in sport
Mon 21st November	LOB B2 Different types of technology and their benefits to improve sport and physical activity participation and performance	LOB B2 Different types of technology and their benefits to improve sport and physical activity participation and performance	COMPONENT 3 – EXAM CONTENT A1 The importance of fitness for successful participation in sport
Mon 28th November	LOB B3 The limitations of using technology in sport and physical activity	LOB B3 The limitations of using technology in sport and physical activity	COMPONENT 3 – EXAM CONTENT A2 Fitness training principles
Mon 5th December	LOB B3 The limitations of using technology in sport and physical activity	LOB B3 The limitations of using technology in sport and physical activity	COMPONENT 3 – EXAM CONTENT A2 Fitness training principles
Mon 12th December	LOC C1 Planning a warm-up	LOC C1 Planning a warm-up	COMPONENT 3 – EXAM CONTENT A2 Fitness training principles

Monday 20 th December- Friday 2 nd January (Christmas break)			
Mon 2 nd January	LOC C1 Planning a warm-up	LOC C1 Planning a warm-up	COMPONENT 3 – EXAM CONTENT A3 Exercise intensity and how it can be determined
Mon 9 th January	LOC C2 Adapting a warm-up for different categories of participants and different types of physical activities	LOC C2 Adapting a warm-up for different categories of participants and different types of physical activities	COMPONENT 3 – EXAM CONTENT A3 Exercise intensity and how it can be determined
Mon 16 th January	LOC C2 Adapting a warm-up for different categories of participants and different types of physical activities	LOC C3 Delivering a warm-up to prepare participants for physical activity	COMPONENT 3 – EXAM CONTENT A3 Exercise intensity and how it can be determined
Mon 23 rd January	LOC C3 Delivering a warm-up to prepare participants for physical activity	LOC C3 Delivering a warm-up to prepare participants for physical activity	COMPONENT 3 – EXAM CONTENT B1 Importance of fitness testing and requirements for administration of each fitness test
Mon 30 th January	SA	SA	SA
Mon 6 th February	SA	SA	SA
Monday 13 th – Friday 17 th February (term break)			
Mon 20 th February	SA	SA	SA
Mon 27 th February	SA	SA	SA
Mon 6 th March	SA	SA	SA
Mon 13 th March	SA	SA	SA

Mon 20th March	LOA A1 Components of physical fitness	LOA A1 Components of physical fitness	COMPONENT 3 – EXAM CONTENT B1 Importance of fitness testing and requirements for administration of each fitness test
Mon 27th March	LOA A1 Components of physical fitness	LOA A1 Components of physical fitness	COMPONENT 3 – EXAM CONTENT B1 Importance of fitness testing and requirements for administration of each fitness test
Friday 3rd April- Friday 14th April (Easter break)			
Mon 17th April	LOA A2 Components of skill-related fitness	LOA A2 Components of skill-related fitness	COMPONENT 3 – EXAM CONTENT B1 Importance of fitness testing and requirements for administration of each fitness test
Mon 24th April	LOA A2 Components of skill-related fitness	LOA A2 Components of skill-related fitness	COMPONENT 3 – EXAM CONTENT B2 Fitness test methods for components of physical fitness
Mon 1st May	LOB B1 Techniques, strategies and fitness required for different sports	LOB B1 Techniques, strategies and fitness required for different sports	COMPONENT 3 – EXAM CONTENT B2 Fitness test methods for components of physical fitness
Mon 8th May	LOB B1 Techniques, strategies and fitness required for different sports	LOB B1 Techniques, strategies and fitness required for different sports	COMPONENT 3 – EXAM CONTENT B2 Fitness test methods for components of physical fitness

Mon 15th May	LOB B2 Officials in sport	LOB B2 Officials in sport	COMPONENT 3 – EXAM CONTENT B3 Fitness test methods for components of skill-related fitness
Mon 22nd May	LOB B2 Officials in sport	LOB B2 Officials in sport	COMPONENT 3 – EXAM CONTENT B3 Fitness test methods for components of skill-related fitness
Monday 29th May – Friday 2nd June			
Mon 5th June	LOB B3 Rules and regulations in sports	LOB B3 Rules and regulations in sports	COMPONENT 3 – EXAM CONTENT B3 Fitness test methods for components of skill-related fitness
Mon 12th June	LOB B3 Rules and regulations in sports	LOB B3 Rules and regulations in sports	COMPONENT 3 – EXAM CONTENT B4 Interpretation of fitness test results
Mon 19th June	LOC C1 Planning drills and conditioned practices to develop participants’ sporting skills	LOC C1 Planning drills and conditioned practices to develop participants’ sporting skills	COMPONENT 3 – EXAM CONTENT B4 Interpretation of fitness test results
Mon 26th June	LOC C1 Planning drills and conditioned practices to develop participants’ sporting skills	LOC C2 Drills to improve sporting performance	COMPONENT 3 – EXAM CONTENT B4 Interpretation of fitness test results
Mon 3rd July	LOC C2 Drills to improve sporting performance	LOC C2 Drills to improve sporting performance	COMPONENT 3 – EXAM CONTENT B4 Interpretation of fitness test results
Mon 10th July	ENRICHMENT WEEK		
Mon 17th July			