

Year 10 Curriculum Overview Plan: BTEC Tech Award in Sport (First Teaching 2022)

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Key Theme:	Key Theme:	Key Theme:	Key Theme:	Key Theme:	Key Theme:
Component One –	Component One –	Component One –	Component One –	Component Two –	Component Two –
Preparing	Preparing	Preparing	Preparing	Taking Part and	Taking Part and
Participants to	Participants to	Participants to	Participants to	Improving Other	Improving Other
Take Part in Sport	Take Part in Sport	Take Part in Sport	Take Part in Sport	Participants	Participants
and Physical	and Physical	and Physical	and Physical	Sporting	Sporting
Activity	Activity	Activity	Activity	Performance	Performance
Learning Outcome	Learning Outcome	Learning Outcome	Learning Outcome	Learning Outcome	Learning Outcome
A Explore types and	B Examine equipment	C Be able to prepare	C Be able to prepare	A Understand how	B Be able to participate
provision of sport and	and technology	participants to take	participants to take	different components	in sport and
physical activity for	required for	part in physical activity	part in physical activity	of fitness are used in	understand the roles and responsibilities of
different types of participant	participants to use when taking part in	Var. Canaanta	Van Canaanta	different physical activities	officials
participant	sport and physical	Key Concepts, Knowledge & Skills	Key Concepts, Knowledge & Skills	activities	
Key Concepts,	activity	to be Embedded:	to be Embedded:	Key Concepts,	Key Concepts,
Knowledge & Skills		to be Embedded.	to be Embedded.	Knowledge & Skills	Knowledge & Skills
to be Embedded:	Key Concepts,	Planning a warm up	Planning a warm up	to be Embedded:	to be Embedded:
	Knowledge & Skills				Techniques, strategies
Types and providers of	to be Embedded:	Adapting a warm up for	Adapting a warm up for	Components of	and fitness required for
sport and physical	Different towns of	different categories of	different categories of	physical fitness	different sports
activities	Different types of sports clothing and	participants and different types of	participants and different types of	Components of skill-	
Types and needs of	equipment required for	physical activities	physical activities	related fitness	Officials in sport
sport and physical	participation in sport	,	,		Rules and regulations in
activity participants	and physical activity				sports



Barriers to participation in sport and physical activity for different types of participant

Methods to address barriers to participation in sport and physical activity for different types of participant

Links to Prior Learning:

Students will use knowledge of the different types of sport, local facilities and the different types of facilities to participate in sport and physical activity.

Key Assessment Piece(s):

Written response to a case study on an A4 Word document, approximately 2-3 hours to complete, 24 marks on the following task:

Different types of technology and their benefits to improve sport and physical activity participation and performance

The limitations of using technology in sport and physical activity

Links to Prior Learning:

Students will use knowledge of the different equipment they have used in sport or seen used by professionals. They will also use prior knowledge of the technology used to support performance or officials in sport.

Key Assessment Piece(s):

Presentation of approximately 10-15 slides which can include text, images, Delivering a warm up to prepare participants for physical activity

Links to Prior Learning:

Students use knowledge from their experience of carrying out warm ups, their importance and different activities used in a warm up.

Key Assessment Pieces:

Written response to a case study to include a warm up plan, approximately 3-4 pages of A4, which can include supporting sketches, approximately 2 hours to complete.

Also video recordings lasting approximately 10 minutes of the learner delivering a Delivering a warm up to prepare participants for physical activity

Links to Prior Learning:

Students use knowledge from their experience of carrying out warm ups, their importance and different activities used in a warm up.

Key Assessment Pieces:

Written response to a case study to include a warm up plan, approximately 3-4 pages of A4, which can include supporting sketches, approximately 2 hours to complete.

Also video recordings lasting approximately 10 minutes of the learner delivering a

Links to Prior Learning:

Students to use their knowledge from participating in sport on the different components of fitness, how they are used in different sports to improve performance

Key Assessment Pieces:

Written response to a case study on an A4 Word document, approximately 2-3 pages which can include supporting images, approximately 1-2 hours to complete, 12 marks on the following task:

Components of fitness

Tier 3 Vocabulary Vault:

Aerobic endurance Muscular endurance

Links to Prior Learning:

Students to use prior knowledge of their performance in sport to be able to demonstrate a range of skills and strategies along with their knowledge of a sport of the choice in terms of the rules and regulations and the roles and responsibilities of the officials.

Key Assessment Pieces:

Presentation of approximately 10-15 slides which can include text, images, slides notes on PowerPoint, approximately 1-2 hours to complete, 12 marks on the following task:



Increasing participation in regular sport or physical activity for different types of participants

Tier 3 Vocabulary Vault:

Performance
Preparation
Provision
Barriers
Adolescents
Disabilities
Coronary heart disease
Body composition
Accessibility
Officials

Reading Exposure:

BTEC Tech Award in Sport text book.

National Governing Bodies for sport for The Football Association – www.thefa.com Rugby League – www.therfl.co.uk slides notes on PowerPoint, approximately 1-2 hours to complete, 12 marks on the following task:

Equipment and technology required for participants to use when taking part in sport and physical activity

Tier 3 Vocabulary Vault:

Performance
Preparation
Protection
Barriers
Disabilities
Officiating
Body composition
Limitations
Accuracy
Usability

Reading Exposure:

BTEC Tech Award in Sport text book.

warm up to participants:

Preparing participants to take part in sport and physical activity

Tier 3 Vocabulary Vault:

Pulse raiser Mobilisers Stretches Intensity Cardiorespiratory Musculoskeletal

Reading Exposure:

BTEC Tech Award in Sport text book.

National Governing Bodies for sport for The Football Association – www.thefa.com Rugby League – www.therfl.co.uk

www.getbodysmart.co m www.bbc.co.uk/health www.teachpe.com www.nhs.uk warm up to participants:

Preparing participants to take part in sport and physical activity

Delivery of the Pearson Set Assignment (PSA)

Tier 3 Vocabulary Vault:

Mobilisers Stretches Intensity Cardiorespiratory Musculoskeletal

Pulse raiser

Reading Exposure:

BTEC Tech Award in Sport text book.

National Governing Bodies for sport for The Football Association – www.thefa.com Rugby League – www.therfl.co.uk

www.getbodysmart.co m Muscular strength Speed Flexibility Body composition Power Agility Reaction Time

Reading Exposure:

Balance

Coordination

BTEC Tech Award in Sport text book.

National Governing Bodies for sport

Strategies to enable new concepts, knowledge & skills to embed in long-term memory:

Retrieval practice
Do it now tasks
Meta cognation
Modeling answers
Practical examples
Practical performance
and implementation
Chunking

The different roles and responsibilities in a selected sport

Tier 3 Vocabulary Vault:

Feedback SMARTER targets Barriers

Reading Exposure:

BTEC Tech Award in Sport text book.

National Governing
Bodies for sport for The
Football Association –
www.thefa.com
and Rugby League –
www.therfl.co.uk
www.sportsofficalsuk.c
om
www.uksport.gov.uk

Strategies to enable new concepts, knowledge & skills to embed in longterm memory:

Retrieval practice Do it now tasks



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www.getbodysmart.co m www.bbc.co.uk/health www.teachpe.com www.nhs.uk Strategies to enable new concepts, knowledge & skills to embed in long- term memory: Retrieval practice Do it now tasks Meta cognation Modeling answers Practical examples Practical performance and implementation Chunking Video clips .	National Governing Bodies for sport for The Football Association – www.thefa.com Rugby League – www.therfl.co.uk www.getbodysmart.co m www.bbc.co.uk/health www.teachpe.com www.nhs.uk Strategies to enable new concepts, knowledge & skills to embed in long- term memory: Retrieval practice Do it now tasks Meta cognation Modeling answers Practical examples Practical performance and implementation Chunking Video clips	Strategies to enable new concepts, knowledge & skills to embed in long-term memory: Retrieval practice Do it now tasks Meta cognation Modeling answers Practical examples Practical performance and implementation Chunking Video clips	www.bbc.co.uk/health www.teachpe.com www.nhs.uk Strategies to enable new concepts, knowledge & skills to embed in long- term memory: Retrieval practice Do it now tasks Meta cognation Modeling answers Practical examples Practical performance and implementation Chunking Video clips	Video clips	Meta cognation Modeling answers Chunking Practical performance Practical examples Video clips



Year 11 Curriculum Overview Plan: BTEC Tech Award in Sport (First Teaching 2022)

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1
Key Theme:	Key Theme:	Key Theme:	Key Theme:	Key Theme:
Component Two –	Component Two –	Component Three	Component Three	Component Three
Taking Part and	Taking Part and	– Developing	Developing	Developing
Improving Other	Improving Other	Fitness to Improve	Fitness to Improve	Fitness to Improve
Participants	Participants	Other Participants	Other Participants	Other Participants
Sporting	Sporting	Performance in	Performance in	Performance in
Performance	Performance	Sport and Physical Activity	Sport and Physical Activity	Sport and Physical Activity
Learning Outcome	Learning Outcome	,		,
C Demonstrate ways to	C Demonstrate ways to	Essential Content A	Essential Content A	Essential Content A
improve participants	improve participants	Explore the importance	Explore the importance	Explore the importance
sporting techniques	sporting techniques	of fitness for sports	of fitness for sports	of fitness for sports
Key Concepts,	Key Concepts,	performance	performance	performance
Knowledge & Skills	Knowledge & Skills	Essential Content B	Essential Content B	Essential Content B
to be Embedded:	to be Embedded:	Investigate fitness	Investigate fitness	Investigate fitness
		testing to determine	testing to determine	testing to determine
Planning drills and	Planning drills and	fitness levels	fitness levels	fitness levels
conditioned practices to develop participants'	conditioned practices to develop participants'	Key Concepts,	Key Concepts,	Key Concepts,
sporting skills	sporting skills	Knowledge & Skills	Knowledge & Skills	Knowledge & Skills
Sporting simis	Sporting skins	to be Embedded:	to be Embedded:	to be Embedded:
Drills to improve	Drills to improve	to ac impedator		to be imbeduca.
sporting performance	sporting performance	A1 The importance of	A1 The importance of	A1 The importance of
		fitness for successful	fitness for successful	fitness for successful
		participation in sport	participation in sport	participation in sport



Links to Prior	Links to Prior			
Learning:	Learning:	A2 Fitness training	A2 Fitness training	A2 Fitness training
		principles	principles	principles
Students to use prior	Students to use prior			
knowledge of their	knowledge of their	A3 Exercise intensity	A3 Exercise intensity	A3 Exercise intensity
performance in sport to	performance in sport to	and how it can be	and how it can be	and how it can be
be able to produce a	be able to produce a	determined	determined	determined
sessions with drills that	sessions with drills that	D4 lossesses of	D4 lossesstenes of	D4 lasasats as a f
improve other	improve other	B1 Importance of	B1 Importance of	B1 Importance of
participants' sporting	participants' sporting	fitness testing and requirements for	fitness testing and requirements for	fitness testing and requirements for
skills including	skills including	administration of each	administration of each	administration of each
providing	providing	fitness test	fitness test	fitness test
demonstrations and	demonstrations and	Titriess test	Titriess test	ntiress test
teaching points	teaching points	B2 Fitness test methods	B2 Fitness test methods	B2 Fitness test methods
Key Assessment	Key Assessment	for components of	for components of	for components of
Pieces:	Pieces:	physical fitness	physical fitness	physical fitness
rieces.	rieces.			
They will need to	They will need to	B3 Fitness test methods	B3 Fitness test methods	B3 Fitness test methods
produce a written	produce a written	for components of skill-	for components of skill-	for components of skill-
response of a plan for a	response of a plan for a	related fitness	related fitness	related fitness
drills and conditioned	drills and conditioned	_	_	_
practices for one	practices for one	B4 Interception of	B4 Interception of	B4 Interception of
sporting skill of their	sporting skill of their	fitness test results	fitness test results	fitness test results
choice	choice	Links to Prior	Links to Prior	Links to Prior
		Learning:	Links to Prior	Learning:
Tier 3 Vocabulary	Tier 3 Vocabulary	Learning.	Learning.	Learning.
Vault:	Vault:	Students to use prior	Students to use prior	Students to use prior
Feedback	Feedback	knowledge of the	knowledge of the	knowledge of the
SMARTER targets	SMARTER targets	components of fitness	components of fitness	components of fitness
Barriers	Barriers	from Component Two	from Component Two	from Component Two
Deading Functions:	Deading Functions:	and how the	and how the	and how the
Reading Exposure:	Reading Exposure:	components of fitness	components of fitness	components of fitness



BTEC Tech Award in Sport text book.

National Governing
Bodies for sport for The
Football Association –
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www.uksport.gov.uk

Strategies to enable new concepts, knowledge & skills to embed in longterm memory:

Retrieval practice
Do it now tasks
Meta cognation
Modeling answers
Chunking
Practical performance
Practical examples
Video clips

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are required to perform well in selected sports. Students will use knowledge from PE lessons and visiting a gym/fitness suite on how we train and improve. They will also use prior knowledge of fitness tests.

Key Assessment Pieces:

They will complete a variety of exam style questions including extended answer 6/8 mark questions

Tier 3 Vocabulary Vault:

Frequency
Intensity
Progressive overload
Specificity
Adaptation
Reversibility
Variation
Training zones
Threshold
Calibration

Baseline

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Strategies to enable new concepts, knowledge & skills to embed in long-term memory:	Strategies to enable new concepts, knowledge & skills to embed in long- term memory:	Strategies to enable new concepts, knowledge & skills to embed in long-term memory:
Guide to Physical Fitness and Exercise text book	Guide to Physical Fitness and Exercise text book	Guide to Physical Fitness and Exercise text book
www.humankinetics.co m www.brianmac.com	www.humankinetics.co m www.brianmac.com	www.humankinetics.co m www.brianmac.com
National Governing Bodies for sport for The Football Association – www.thefa.com and Rugby League – www.therfl.co.uk www.sportsofficalsuk.c om www.uksport.gov.uk	National Governing Bodies for sport for The Football Association – www.thefa.com and Rugby League – www.therfl.co.uk www.sportsofficalsuk.c om www.uksport.gov.uk	National Governing Bodies for sport for The Football Association — www.thefa.com and Rugby League — www.therfl.co.uk www.sportsofficalsuk.c om www.uksport.gov.uk
Reading Exposure: BTEC Tech Award in Sport text book.	Reading Exposure: BTEC Tech Award in Sport text book.	Reading Exposure: BTEC Tech Award in Sport text book.
Reliability Validity	Reliability Validity	Reliability Validity



Retrieval practice Do it now tasks Meta cognation Modeling answers Chunking Practical performance Practical examples Video clips Exam practice technique Exposure to a variety of exams questions	Retrieval practice Do it now tasks Meta cognation Modeling answers Chunking Practical performance Practical examples Video clips Exam practice technique Exposure to a variety of exams questions	Retrieval practice Do it now tasks Meta cognation Modeling answers Chunking Practical performance Practical examples Video clips Exam practice technique Exposure to a variety of exams questions	
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