

Year 10 PE/ BTEC TECH Award Sport

Curriculum intent	In year 10 PE students will be taught increasingly complex motor movements and will tackle complex and demanding physical activities. They can use and develop a variety of tactics and strategies to overcome opponents in team and individual games in the following sports in cricket, trampolining, badminton, handball, football, OAA (orienteering/ mountain biking). Fitness and athletics and rotate around these sports in 10 lesson blocks. They will evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best and consolidate year 9 skills and knowledge in a particular technique. In BTEC sport Students will undertake practical sessions to develop skills in planning and delivering sports activity sessions to participants. The qualification enables students to develop their sector-specific skills, such as sport analysis and sports leadership, using realistic vocational contexts, and personal skills, such as communication, planning, time management and teamwork through a practical and skills-based approach to learning and assessment.					
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Knowledge	10 A- Fitness/ Tramp/ 10B- Fitness/ Tramp/ Trampolining Landing positions from greater height, extension, height, form, rotation, twisting, basic combinations, basic rotation horizontal axis. Fitness Will lead on an exercise plan using principle of training to underpin the organisation, will confidently be able to match exercises to component of fitness, will motivate others and reliably record data. Communicate the importance of analysing strengths and weaknesses through fitness testing. BTEC Component 2 PSA: investigate	10 A- Outdoor Adventurous Activities (OAA 10B- Badminton Badminton Advanced control, outwitting opponents, singles tactics and competition scoring, Know rules and boundaries. OAA Further advance of Physical conditioning. focus on the fundamentals of movement and body conditioning. Cardiovascular fitness, muscular endurance, orienteering using the map, how to observe surrounding and markings, team work, and cardiovascular fitness for continuous training. Pacing exercises, taking bearings,	10 A- Handball/ Football 10B- Football/ Handball Handball Hand -eye co-ordination for handball i.e. passing, shooting, positions, formations, tactics, controlling the ball, dribbling, shooting and turning with the ball. Football Application of advanced skills in competitive situation, development of team formation, strategies of play, officiating. BTEC Component 2 PSA: investigate the components of	10 A- Badminton 10B- Outdoor Adventurous Activities (OAA) Badminton- Advanced control, outwitting opponents, Singles tactics & competition scoring, Know rules and Boundaries. OAA Further advance of Physical conditioning. focus on the fundamentals of movement and body conditioning. Cardiovascular fitness, muscular endurance, orienteering using the map, how to observe surrounding and markings, team work, and cardiovascular fitness for continuous training. Pacing	10 A- striking and fielding/ cricket 10B- striking / Cricket Cricket Games play, advanced rule application, full sided match play, advanced skill development, match scenario practices. Tactical development and match understanding. BTEC Component 2 PSA: 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.	10 A- Athletics 10B- Athletics Athletics Skill performance rather than personal best time/distance, develop leadership and application of rules, along with developing their motivation within selected disciplines. BTEC Component 1 PSA introduction 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

	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.	score competition, deciding control points. Mountain biking, how to navigate obstacles and varying terrains. BTEC Component 2 PSA: 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.	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. Handball Hand-eye co-ordination for handball i.e. passing, shooting, positions, formations, tactics, controlling the ball, dribbling, shooting and turning with the ball. Football Application of advanced skills in competitive situation, development of team formation, strategies of play, officiating.	exercises, taking bearings, score competition, deciding control points. Mountain biking, how to navigate obstacles and varying terrains. BTEC Component 2 PSA: 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.		equipment and technological advances in a chosen sport or physical activity and how to prepare our bodies for participation in sport and physical activity.
Skills	Consolidate year 9	Consolidate year 9	Consolidate year 9	Consolidate year 9	Consolidate year 9	Consolidate year 9

Trampolining- Tuck, Pike, Straddle, Full Twist, ½ Twist, seat drop, basic combinations of shapes and twists. Combination of basic shapes, short routines, landing positions with twisting in/out, combination of basic landing positions, front drop, back drop, BD to FD and reverse, ¾ somersaults, Fitness Aerobic and anaerobic exercise, heart rate monitoring, use of resistance machines, use of body weight in strength training, application of individual needs, specificity. maximal testing, reps and sets, INSPORT Principles, free weights. BTEC Component 2 PSA Techniques, strategies and fitness required for different sports. students will be able to demonstrate a range of skills and strategies for a selected sport, in both isolated practices and competitive situations.	Badminton Smash, drop shots, forehand and backhand development, drive, jump and smash OAA- Cross Country Competition Use their existing knowledge of orienteering in a competitive situation Understand the importance of the time trial system Select and apply orienteering skills and techniques to complete the course in the shortest Possible time Act as an official BTEC Component 2 PSA Techniques, strategies and fitness required for different sports. students 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.	Handball Hand -eye co-ordination for handball i.e. passing, shooting, positions, formations, tactics, controlling the ball, dribbling, shooting and turning with the ball. Football Understanding of formation, selecting and applying skills in correct context, advanced attacking and defending, tactics BTEC Component 2 PSA Techniques, strategies and fitness required for different sports. students 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.	Badminton Smash, drop shots, forehand and backhand development, drive, jump and smash OAA- Cross Country Competition Use their existing knowledge of orienteering in a competitive situation Understand the importance of the time trial system Select and apply orienteering skills and techniques to complete the course in the shortest Possible time Act as an official BTEC Component 2 PSA- Learners will be able to use methods to improve other participants' sporting skills. They will be able to provide demonstrations and teaching points to introduce participants to the techniques required for different sporting skills. They will also be able to select and organise suitable drills and support participants to take part in the drills to develop their sporting skills.	Badminton Cricket Bowling development – spin bowling, angled bowl. BTEC Component 2 PSA- Learners will be able to use methods to improve other participants' sporting skills. They will be able to provide demonstrations and teaching points to introduce participants to the techniques required for different sporting skills. They will also be able to select and organise suitable drills and support participants to take part in the drills to develop their sporting skills.	Athletics Specific break down of technical points. Arm action/leg action, posture in running, the release in throws, angle, body position and flight, jumping, the plant, phases of jump. BTEC Component 1 PSA Different types of technology and their benefits to improve sport and physical activity participation and performance Students will explore a range of different types of technology and its use in sport and physical activity to improve performance and participant experience.
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	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 – the number of players, area of play and presence of an official to represent competition standard of play.	• Competitive situation – the number of players, area of play and presence of an official to represent competition standard of play.	• Strategies, e.g. tactics and decision making. • Isolated practice – practices that focus on one skill at a time. • Competitive situation – the number of players, area of play and presence of an official to represent competition standard of play.			
Assessments	BTEC Component 2 PSA In this qualification, there are two non-exam internally-assessed components, which will be assessed through Pearson-set Assignments. These assignments are set by Pearson and are summative assessments, which means they are distinct periods of assessment that are separate from the practice, exploration activities and formative assessments that have been used during the learning period.	BTEC Component 2 PSA In this qualification, there are two non-exam internally-assessed components, which will be assessed through Pearson-set Assignments. These assignments are set by Pearson and are summative assessments, which means they are distinct periods of assessment that are separate from the practice, exploration activities and formative assessments that have been used during the learning period. MATS	BTEC Component 2 PSA In this qualification, there are two non-exam internally-assessed components, which will be assessed through Pearson-set Assignments. These assignments are set by Pearson and are summative assessments, which means they are distinct periods of assessment that are separate from the practice, exploration	BTEC Component 2 PSA In this qualification, there are two non-exam internally-assessed components, which will be assessed through Pearson-set Assignments. These assignments are set by Pearson and are summative assessments, which means they are distinct periods of assessment that are separate from the practice, exploration activities and formative assessments that have been used during the learning period.	BTEC Component 2 PSA In this qualification, there are two non-exam internally-assessed components, which will be assessed through Pearson-set Assignments. These assignments are set by Pearson and are summative assessments, which means they are distinct periods of assessment that are separate from the practice, exploration activities and formative assessments that have been used during the learning period.	BTEC Component 2 PSA In this qualification, there are two non-exam internally-assessed components, which will be assessed through Pearson-set Assignments. These assignments are set by Pearson and are summative assessments, which means they are distinct periods of assessment that are separate from the practice, exploration activities and formative assessments that have been used during the learning period.

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Curiosity	Participation in sport https://www.youtube.com/watch?v=dvj4cdH0i1k https://www.youtube.com/watch?v=aZemjQUjry0	Technology in sport https://www.youtube.com/watch?v=VbgZKHh9Q0A https://www.youtube.com/watch?v=VXLYVqOmXHA	Physical and mental well being https://www.youtube.com/watch?v=aJl-JT_kBPs	Components of fitness https://www.youtube.com/watch?v=KYfenFzupL8	Roles of officials https://www.youtube.com/watch?v=wykleCaNBuQ	Sports psychology https://www.youtube.com/watch?v=7edjsqDdXzE https://www.youtube.com/watch?v=HMQgc2CGfzg

