

Yearly Overview

Year 10 BTEC Sport

Progression of knowledge:

- Methods of Training
- Components of fitness
- Fitness tests
- Nutrition
- Psychology of Sport
- Sports leadership

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<p>Prior knowledge: Basic understanding of fitness and health from core PE and an understanding of basic methods of training from HRE.</p>	<p>Prior knowledge: Basic understanding of nutrition from Food Tech carousels.</p>	<p>Prior knowledge: Limited prior knowledge of psychology in sport.</p>	<p>Prior knowledge: Fundamental understanding of leadership concepts through KS3 core PE lessons and through observing different role models.</p>	<p>Prior knowledge: Basic understanding of what a lesson is made up of through their experience in core PE.</p>	<p>Prior knowledge: Building on the knowledge developed in terms 4 and 5:</p> <ul style="list-style-type: none"> • Attributes of a leader • The benefits of participation in sport and activity session • Target Groups • Types of sessions • Sessions plans
Term 1 knowledge	Term 2 knowledge	Term 3 knowledge	Term 4 knowledge	Term 5 knowledge	Term 6 knowledge
<p>This term: Training to improve fitness for sport and activity:</p>	<p>This term: Nutrition for Sport and Activity:</p>	<p>This term: The psychological influence that motivation, self-</p>	<p>This term: Understand the fundamentals of sport</p>	<p>This term: Planning sessions for target groups:</p>	<p>This term: Delivering and reviewing sessions for target groups:</p>

<ul style="list-style-type: none"> • Interpreting fitness data in relation to sport and activity • Methods of training for sport and activity • The FITT principles and principles of training • Understanding fitness programmes 	<ul style="list-style-type: none"> • Macronutrients • Micronutrient • Hydration • Improving nutrition for and activity 	<p>confidence, and anxiety have on participation in sport and activity:</p> <ul style="list-style-type: none"> • The impact of motivation on participation in sport and activity • The impact self-confidence can have on participation in sport and activity • The impact of anxiety on participation in sport and activity 	<p>and activity leadership:</p> <ul style="list-style-type: none"> • Attributes of a leader • The benefits of participation in sport and activity session 	<ul style="list-style-type: none"> • Target Groups • Types of sessions • Sessions plans 	<ul style="list-style-type: none"> • Methods of delivery/success • Methods of reviewing
<p>Future Knowledge: Investigate the impact of sport and activity on the body systems. Explore common injuries in sport and activity and methods of rehabilitation. Understand the use of technology for sport and activity.</p>					