

Year 10 BTEC Sport

BTEC Tech Award in Sport	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic/Unit to be studied	Component 1		Component 2			Component 1
	<p>Learning aim A: Investigate the impact of sport and activity on the body systems</p>		<p>The Principles of Training, Nutrition and Psychology for Sport and Activity</p>			<p>Learning aim B: Explore common injuries in sport and activity and methods of rehabilitation</p>
Core Knowledge and skills	<p>A1 The body systems Learners will investigate the body systems and how their structures provide functionality for sport and activity.</p> <ul style="list-style-type: none"> • Cardiorespiratory system • Musculoskeletal system <p>A2 Physiological impact of engagement in sport and activity on the body systems Learners will explore how the body systems work together and the benefits of regular participation in sport and activity on each system.</p> <ul style="list-style-type: none"> • Effect of regular participation on a participant's components of fitness • Long-term effects of exercise on the cardiorespiratory system • Long-term effects of exercise on the musculoskeletal system 		<p>Learners will explore how training, nutrition and psychological factors contribute to engagement in sport and activity.</p> <p>A Training to improve fitness for sport and activity</p> <p>A1 Interpreting fitness data in relation to sport and activity</p> <p>A2 Methods of training for sport and activity</p> <p>A3 The FITT principles and principles of training</p> <p>A4 Understanding fitness programmes</p> <p>B Nutrition for sport and activity</p> <p>B1 Macronutrients</p> <p>B2 Micronutrients</p> <p>B3 Hydration</p> <p>B4 Improving nutrition for sport and activity</p> <p>C The psychological influence that motivation, self-confidence and anxiety have on participation in sport and activity</p>			<p>B1 Common sporting injuries Learners will explore the most common injuries that occur during sport and activity. They will consider the symptoms of these and how they may present for participants.</p> <ul style="list-style-type: none"> • The importance of a warm-up and cool down, and how it could reduce the risk of injury. • Common injuries – basic/complex <p>B2 Causes of common sporting injuries Learners will understand some of the causes of injury in sport and activity and how they could be prevented.</p> <ul style="list-style-type: none"> • Physiological • Psychological • Environmental • Equipment • People related risks • Coaching <p>B3 Management and rehabilitation of common sporting injuries Learners must understand how to manage</p>

		<p>C1 The impact of motivation on participation in sport and activity</p> <p>C2 The impact self-confidence can have on participation in sport and activity</p> <p>C3 The impact of anxiety on participation in sport and activity</p>	<p>common sporting injuries and their basic treatments, through the rehabilitation process to recovery. They will explore how technology can support the rehabilitation process.</p> <ul style="list-style-type: none"> • Management of common sporting injuries • Basic rehabilitation • Use of technology in rehabilitation
Assessment	Assignment A completed in the last two weeks of term- marked and internally verified according to the internal Assessment Plan	Externally set exam by Pearson sat at the beginning of May.	Assignment B completed in the last two weeks of term- marked and internally verified according to the internal Assessment Plan
Assessment for and of Learning	<ul style="list-style-type: none"> - Regular low stakes testing through Quizlets/Kahoots throughout lessons - Routine marking and feedback of key work 	<ul style="list-style-type: none"> - Low stakes testing through Quizlets/Kahoots throughout lessons - End of Unit tests at the end of each phase - 8 mark written assessment for each topic covered 	<ul style="list-style-type: none"> - Regular low stakes testing through Quizlets/Kahoots throughout lessons - Routine marking and feedback of key work