

YEAR	Focus	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
10	<p>Component 1: Preparing participants to take part in sport and activity</p> <p>Component 2: Taking part and improving other participants sporting performance</p>	<p>Component 1: Preparing participants to take part in sport and activity</p> <p>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</p>	<p>Pearson Set Assignment – Controlled assessment</p> <p>This is provided by Pearson ahead of the January assessment window. Students prepare for assessment in lesson.</p> <p>Task1:Increasing participationinregularsportorphysicalactivityfordifferent types of sports participants</p> <p>Task 2: Equipment and technology required for participants to use when taking part in sport and physical activity</p> <p>Task 3a: Preparing participants to take part in sport and physical activity (plan a warm up)</p> <p>Task 3b: Preparing participants to take part in sport and physical activity (Lead a warm up)</p>	<p>Component 2: Taking Part and Improving Other Participants Sporting Performance</p> <p>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.</p>	<p>Continuation of Component 2 Learning Outcomes:</p> <p>A Understand how different components of fitness are used in different physical activities</p> <p>B Be able to participate in sport and understand the roles and responsibilities of officials</p> <p>C Demonstrate ways to improve participants sporting techniques</p>	<p>Pearson Set Assignment – Controlled assessment</p> <p>This is provided by Pearson ahead of the May assessment window. Students prepare for assessment in lesson.</p> <p>Task 1: Components of fitness.</p> <p>Task 2: Participating in sport</p> <p>Task 3: Officiating in sport</p> <p>Task 4: Improving participants' sporting skill</p>	<p>Component 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity</p> <p>B2 Fitness test methods for components of physical fitness Learners should know which fitness tests are appropriate to test for each component of physical fitness. Learners should also understand the practicality and validity of these tests for each component of physical fitness and specific to different sports and their participants. Learners should also understand how to produce reliable fitness test results.</p>

		<p>chosen sport or physical activity and how to prepare our bodies for participation in sport and physical activity</p> <p>A Explore types and provision of sport and physical activity for different types of participant</p> <p>B Examine equipment and technology required for participants to use when taking part in sport and physical activity</p> <p>C Be able to prepare participants to take part in sport and</p>					
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		physical activity.					
	Assessments:	Learning Check 1: Learning aim A from Component 1	Learning Check 2: Learning aim B from Component 1	Learning Check 3: PSA for Component 2	Learning Check 4: PSA for Component 2	Learning Check 5: Learning aim A, B and C for Component 2	MOCK EXAMS: part paper for Component 3
	Extra-Curricular:	Vocational Period 6 after school		Vocational Period 6 after school		Vocational Period 6 after school	
	Home Resources:	Visit MS Teams Class Page					
11	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.	<p>Assessment objectives</p> <p>AO1 Demonstrate knowledge of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise</p> <p>AO2 Demonstrate an understanding of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise</p> <p>AO3 Apply an understanding of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise</p> <p>AO4 Make connections with concepts, facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise</p>	<p>Component 3 exam</p> <p>90-minute exam. Questions will be on the following topics:</p> <p>A: Explore the importance of fitness for sports performance</p> <p>B: Investigate fitness testing to determine fitness levels</p> <p>C: Investigate different fitness training methods</p> <p>D: Investigate fitness programming to improve fitness and sports performance</p>		Revision for Core Subjects or revision for resit of component 3	
	Assessments:	Learning Check 1:	MOCK EXAMS: N/A	Learning Check 2: Component 3 exam	Learning Check 3: Component 3 revision	GCSE exams begin	

		End of topic test for component 3					
	Extra-Curricular:	Vocational Period 6 after school in Autumn 2 and Spring 1					
	Home Resources:	Visit MS Teams Class page ZigZag E-revision online					