

The Big Picture Y10 – Intent: The aim of BTEC Technical Sport in year 10 is to work through the Pearson/Edexcel specification. Students will gain knowledge, skills and understanding of the content fully for component areas 1 and 2. Practical activities, including opportunity to develop new practical skills in leadership, coaching and physical skills in multiple sports, will occur. Component 3, the externally assessed unit, will be introduced before the summer holidays, putting the foundation learning of Component 3 in focus prior to the summer break.

Students will study content, lesson by lesson, either isolated topics or as part of a bigger learning journey across several lessons. Students will develop knowledge of preparing for sport and physical activity. Students will also gain knowledge of taking part in and improving other participants’ sporting performance which will include coaching practice as performers and leaders.

Implementation:

Students will have 5 hours per fortnight. 1 of these will be dedicated toward practical sports development leadership or coaching. Students will need to be assessed in a leadership role, collating video evidence. Students will complete written coursework in both Component 1 and Component 2.

Within theory and classroom based teaching, the students will receive 3 practice tasks and a mock prior to the assessment window in February. These will allow staff feedback on similar assessment tasks that students will have to complete in the real assessment window. Students will then respond in order to progress and improve areas of weakness. The final Mock series will allow for interleaving of all learned topic areas. Independent and group work will occur in order to maximise content learning opportunities, and a variety of apps, class and homework will also be utilised. Most units will be between 11 and 14 lessons with revision and assessment/feedback before the next learning aim is started within each component.

Key Summative

Assessments: Component 1: 2 x 1 hour LOA, LOB and LOC practice assessments.

Full PSA Mock and PSA Exam series (February).

Component 2: 4 x 1 hour LOA practice task and FULL PSA Exam series for task 4 (June)

Autumn Term

Sports providers, needs of participants, barriers to participation, officials, technology, planning a warm up, practical = warm up delivery

Spring Term

Component 1 Mock
Component 1 Assessment window
Components of Fitness, Techniques and tactical elements of sport

Summer term

Officials in sport, rules and regulations
Practical = practices and drills for coaching

Impact:

Students will build on and embed the physical development and skills learned in Year 9 practically in a selection of activities. Students will develop detailed knowledge of topic areas in multiple sports areas. Students will apply to all elements of the course both practically and theoretical. Recall and application to sports performers is key to successful BTEC progress. Students need to maintain an organised regime of class and homework. Previous learning using their knowledge bank/folders will be utilised regularly to recap and prepare for the PSA examination assessments. Starter/Do it now (you do) tasks will keep topics fresh and link to previous learning.

Content/Units	Skills	Knowledge	Prior Learning (Y9)	Future Learning (Y11)
THEORY	Students will develop the ability to recall and explain using sporting examples for all content areas.	Students will develop knowledge of the key areas listed below.		
COMP1: Preparing Participants to Take Part in Sport and Physical Activity (introduction in to this component), Section A	Students will develop the ability to recall and explain using sporting examples for all content areas.	<ul style="list-style-type: none"> • A1 Types and providers of sport and physical activities • A2 Types and needs of sport and physical activity participant • A3 Barriers to participation in sport and physical activity for different types of participant • A4 Methods to address barriers to participation in sport and physical activity for different types of participant 	N/A	Component 3 will be learned during Y11 (developing fitness, components, testing and training).
COMP1: Preparing Participants to Take Part in Sport and Physical Activity (introduction in to this component), Section B	Students will develop the ability to recall and explain using sporting examples for all content areas.	<ul style="list-style-type: none"> • B1 Different types of sports clothing and equipment required for participation in sport and physical activity • B2 Officials in sport • B3 The limitations of using technology in sport and physical activity 	N/A	Component 3 will be learned during Y11 (developing fitness, components, testing and training).
COMP1: Preparing Participants to Take Part in Sport and Physical Activity (introduction in to this component), Section C	Students will develop the ability to recall and explain using sporting examples for all content areas.	<ul style="list-style-type: none"> • C1 Planning a warm-up • C2 Adapting a warm-up for different categories of participants and different types of physical activities • C3 Delivering a warm-up to prepare participants for physical activity (practice) 	N/A	Component 3 will be learned during Y11 (developing fitness, components, testing and training).
COMP2: Taking Part and Improving Other Participants' Sporting Performance (introduction into this component), Section A	Students will develop the ability to recall and explain using sporting examples for all content areas.	<ul style="list-style-type: none"> • A1 Components of physical fitness • A2 Components of skill-related fitness 	N/A	Component 3 will be learned during Y11 (developing fitness, components, testing and training).
COMP2: Taking Part and Improving Other Participants Sporting	Students will develop the ability to recall and explain using sporting examples for all content areas.	<ul style="list-style-type: none"> • B1 Techniques, strategies and fitness required for different sports • B2 Officials in Sport (task 2) • B3 Rules and regulations in sports 	N/A	Component 3 will be learned during Y11 (developing fitness,

Performance (introduction into this component) Section B				components, testing and training).
COMP2: Taking Part and Improving Other Participants Sporting Performance (introduction into this component) Section C	Students will develop the ability to recall and explain using sporting examples for all content areas.	<ul style="list-style-type: none"> • C1 Planning drills and conditioned practices to develop participants' sporting skills • C2 Drills to improve sporting performance 	N/A	Component 3 will be learned during Y11 (developing fitness, components, testing and training).
PRACTICAL	Students will develop knowledge and understanding of key elements of the theoretical content in order to lead and deliver warm ups, fitness components and skill improvement drills in the topic areas below.	<ul style="list-style-type: none"> • Students may select a sport from the list below or others and will develop technical and tactical coaching practice awareness in the activities below 	Students have been taught skills and tactics in all of the sports listed	Practical delivery of Component 3 will be learned during Y11 (developing fitness, components, testing and training).
Warm up drills	Skills learned introducing warm up techniques and safety to others.	<ul style="list-style-type: none"> • Warm up structure, 3 parts to a warm up, correct stretching techniques, correct pulse raising techniques, introducing skill drill as part of a warm up • Organisational skills relating to leading warm ups 	Students have been taught and experienced all warm up drill in Y9 in all of the sports listed.	Confident at leading warm ups appropriate for the activity safely.
Sports lists below	Skill, techniques, physical and tactical skills will be developed along with resilience, analytical skills and evaluation of performance.	<ul style="list-style-type: none"> • Practices relating to the sports below will be gained (dependent upon sports chosen) 	Use previous taught skills to refine techniques.	Use of a variety of skills across different sports and situations.
Badminton	Skill, techniques, physical and tactical skills will be developed along with resilience, analytical skills and evaluation of performance.	<ul style="list-style-type: none"> • Service, drive, smash, clear and net/drop shots 	All skills at beginner and intermediate levels introduced.	Advanced concepts coached and improved during Y11 lessons.

Handball	Skill, techniques, physical and tactical skills will be developed along with resilience, analytical skills and evaluation of performance.	<ul style="list-style-type: none"> Dribble, passing, shooting, tackling and marking/dodging 	Use previous taught skills to refine techniques	Advanced concepts coached and improved during Y11 lessons.
Netball	Skill, techniques, physical and tactical skills will be developed along with resilience, analytical skills and evaluation of performance.	<ul style="list-style-type: none"> Passing, pivoting/footwork, shooting, marking, dodging 	All skills at beginner and intermediate levels introduced	Advanced concepts coached and improved during Y11 lessons.
Athletics	Skill, techniques, physical and tactical skills will be developed along with resilience, analytical skills and evaluation of performance.	<ul style="list-style-type: none"> Runs, jumps and throws 	All skills at beginner and intermediate levels introduced	Advanced concepts coached and improved during Y11 lessons.
Trampolining	Skill, techniques, physical and tactical skills will be developed along with resilience, analytical skills and evaluation of performance.	<ul style="list-style-type: none"> 2 x 10 bounce routines, basic shapes, twists, rotations and linking moves 	All skills at beginner and intermediate levels introduced	Advanced concepts coached and improved during Y11 lessons.
Basketball	Skill, techniques, physical and tactical skills will be developed along with resilience, analytical skills and evaluation of performance.	<ul style="list-style-type: none"> Dribbling, passing, marking, set shooting and laying up 	All skills at beginner and intermediate levels introduced	Advanced concepts coached and improved during Y11 lessons.
Tennis	Skill, techniques, physical and tactical skills will be developed along with resilience, analytical skills and evaluation of performance.	<ul style="list-style-type: none"> Serve, forehand ground shot, backhand ground shot, volley and lob 	All skills at beginner and intermediate levels introduced	Advanced concepts coached and improved during Y11 lessons.

The Big Picture Y11 – Intent:

The aim of BTEC Technical Sport in year 11 is to continue to work through the Pearson/Edexcel specification. Students will gain knowledge, skills and understanding of the content fully for component areas 3. Practical activities including opportunity to develop new practical skills in Fitness testing and training. Component 3 is the externally assessed unit at the end of the course.

Students will study content, lesson by lesson, either isolated topics or as part of a bigger learning journey across several lessons. Students will develop knowledge of improving fitness levels, testing and training for themselves and leading others. Students will also gain knowledge of taking part in and improving other participants' sporting performance which will include implementing detailed training principles as performers and leaders.

Implementation:

Students will have 5 hours per fortnight. 1 of these will be dedicated towards practical sports development leadership or coaching. Students will need to be assessed in a leadership role, collating video evidence. Students will complete written notes about Component 3.

Within theory and classroom based teaching, the students will receive 4 practice tasks and 2 mock assessments prior to the assessment window in Summer of Y11. The practice exams will allow staff feedback on similar assessment tasks that students will have to complete in the real assessment window. Students will then respond in order to progress and improve areas of weakness. The final Mock series will allow for interleaving of all learned topic areas A-D. Independent and group work will occur in order to maximise content learning opportunities and a variety of apps, class and homework will also be utilised. Most units will be between 4 and 14 lessons with revision and assessment/feedback before the next learning aim is started within each component.

Key Summative Assessments:

Component 3 4 x
1 hour LOA, LOB,
LOC and LOD
practice
assessments.

2 x Full Mock
Exam series (April
TBC).

Full Exam series
for May/June
(TBC)

Autumn Term

Drills to improve performance (COMP 2), and Fitness Testing (COMP 3)

Practical = Drills to improve performance (COMP 2) and Fitness testing

Spring Term

Components of Fitness Testing, Fitness Training and Programming

Practical = Fitness Training methods

Summer term

Mock series and Final Assessment window

Impact:

Students will build on and embed the physical development and skills learned in Year 9 practically in a selection of activities. Students will develop detailed knowledge of topic areas in multiple sports areas. Students will apply to all elements of the course both practically and theoretical. Recall and application to sports performers is key to successful BTEC progress. Students need to maintain an organised regime of class and homework. previous learning using their knowledge bank/folders will be utilised regularly to recap and prepare for the PSA examination assessments. Starter/Do it now (you do) tasks will keep topics fresh and link to previous learning.

Content/Units	Skills	Knowledge	Prior Learning (Y9)	Future Learning (Y12)
THEORY	<ul style="list-style-type: none"> Students will develop the ability to recall and explain using sporting examples for all content areas. 	<ul style="list-style-type: none"> Students will develop knowledge of the key areas listed below 		
COMP2: Taking Part and Improving Other Participants' Sporting Performance (introduction into this component) Section C- please note this unit could potentially have been completed during Y10	<ul style="list-style-type: none"> Students will develop the ability to recall and explain using sporting examples for all content areas. 	<ul style="list-style-type: none"> C1 Planning drills and conditioned practices to develop participants' sporting skills C2 Drills to improve sporting performance 	N/A	Students who follow BTEC National will complete Unit 2 (FTP) with opportunity to further develop awareness of fitness and health concepts.
COMP3: Developing fitness to improve other participants' performance in sport and physical activity, Section A	<ul style="list-style-type: none"> Students will develop the skills required to run and set up fitness test and complete fitness training with accuracy and safety procedures fully. 	<ul style="list-style-type: none"> A1 The importance of fitness for successful participation in sport A2 Fitness training principles A3 Exercise intensity and how it can be determined 	N/A	Students who follow BTEC National will complete Unit 2 (FTP) with opportunity to further develop awareness of fitness and health concepts.
COMP3: Developing fitness to improve other participants' performance in sport and physical activity, Section B	<ul style="list-style-type: none"> Students will develop the skills required to run and set up fitness test and complete fitness training with accuracy and safety procedures fully. 	<ul style="list-style-type: none"> B1: Importance of fitness testing and requirements for administration of each fitness test B2 Fitness test methods for components of physical fitness B3 Fitness test methods for components of skill-related fitness B4 Interpretation of fitness test results 	Students have undergone fitness testing and training within Core PE during Y9 and 10	Students who follow BTEC National will complete Unit 2 (FTP) with opportunity to further develop awareness of fitness and health concepts.
COMP3: Developing fitness to improve other participants' performance in sport and physical activity, Section C	<ul style="list-style-type: none"> Students will develop the skills required to run and set up fitness test and complete fitness training with accuracy and safety procedures fully. 	<ul style="list-style-type: none"> C1 Requirements for each of the following fitness training methods C2 Fitness training methods for physical components of fitness C3 Fitness training methods for skill-related components of fitness C4 Additional requirements for each of the fitness training methods 	Students have undergone fitness testing and training within Core PE during Y9 and 10	Students who follow BTEC National will complete Unit 2 (FTP) with opportunity to further develop awareness of fitness and health concepts.

		<ul style="list-style-type: none"> • C5 Provision for taking part in fitness training methods • C6 The effects of long-term fitness training on the body systems 		
COMP3: Developing fitness to improve other participants' performance in sport and physical activity, Section D	<ul style="list-style-type: none"> • Students will develop the skills required to run and set up fitness test and complete fitness training with accuracy and safety procedures fully. 	<ul style="list-style-type: none"> • D1 Personal information to aid training fitness programme design • D2 Fitness programme design • D3 Motivational techniques for fitness programming 	Students have undergone fitness testing and training within Core PE during Y9 and 10	Students who follow BTEC National will complete Unit 2 (FTP) with opportunity to further develop awareness of fitness and health concepts.
PRACTICAL	<ul style="list-style-type: none"> • Students will develop knowledge and understanding of key elements of the theoretical content in order to lead and deliver warm ups, fitness components and skill improvement drills in the topic areas below. 	<ul style="list-style-type: none"> • Students may select a sport from the list below or others and will develop technical and tactical coaching practice awareness in the activities below 	Students have been taught skills and tactics in all of the sports listed	Practical delivery of Component 3 will be learned during Y11 (developing fitness, components, testing and training).
Warm up drills	<ul style="list-style-type: none"> • Skills learned introducing warm up techniques and safety to others. 	<ul style="list-style-type: none"> • Warm up structure, 3 parts to a warm up, correct stretching techniques, correct pulse raising techniques, introducing skill drill as part of a warm up. Organisational skills relating to leading warm ups 	Students have been taught and experienced all warm up drill in Y9 in all of the sports listed	
Sports lists below	<ul style="list-style-type: none"> • Skill, techniques, physical and tactical skills will be developed along with resilience, analytical skills and evaluation of performance. 	<ul style="list-style-type: none"> • Practices relating to the sports below will be gained (dependent upon sports chosen) 	N/A	N/A
Fitness testing	<ul style="list-style-type: none"> • Student will develop skilful application in regards to testing 	<ul style="list-style-type: none"> • Methodology, validity, reliability of undergoing and leading fitness tests within the specification 	All skills at beginner and intermediate levels introduced	Advanced concepts coached and improved during Y11 lessons.

	methods and procedures.			
Fitness training	<ul style="list-style-type: none">• Students will develop skilful application with regards to training methods and procedures.	<ul style="list-style-type: none">• Methodology, limitations, intensity and all other factors of fitness training.	N/A	Advanced concepts coached and improved during Y11 lessons.