



**YEAR 10 BTEC PE**

HALF TERM 1	HALF TERM 2	HALF TERM 3	HALF TERM 4	HALF TERM 5	HALF TERM 6
<b><u>UNIT 1</u> <u>FITNESS FOR</u> <u>SPORT AND</u> <u>EXERCISE</u></b>	<b><u>UNIT 1</u> <u>FITNESS FOR</u> <u>SPORT AND</u> <u>EXERCISE</u></b>	<b><u>UNIT 1</u> <u>FITNESS FOR</u> <u>SPORT AND</u> <u>EXERCISE</u></b>	<b><u>UNIT 2</u> <u>PRACTICAL</u> <u>PERFORMANCE</u> <u>IN SPORT</u></b>	<b><u>UNIT 2</u> <u>PRACTICAL</u> <u>PERFORMANCE</u> <u>IN SPORT</u></b>	<b><u>UNIT 2</u> <u>PRACTICAL</u> <u>PERFORMANCE</u> <u>IN SPORT</u></b>
<b>Components of Fitness</b>	<b>Principles of Training</b>	<b>Fitness Testing</b>	<b>To understand rules, regulations and scoring systems in selected sports</b>	<b>Practically demonstrate skills, techniques, and tactics in selected sports</b>	<b>To be able to review of sports performance</b>
<p><b>Physical components:</b></p> <ul style="list-style-type: none"> <li>• Aerobic Endurance</li> <li>• Muscular Strength</li> <li>• Muscular Endurance</li> <li>• Speed</li> <li>• Flexibility</li> <li>• Body composition</li> </ul> <p><b>Skill components:</b></p> <ul style="list-style-type: none"> <li>• Agility</li> <li>• Balance</li> <li>• Co-ordination</li> <li>• Power</li> <li>• Reaction time</li> </ul> <p>The importance of all of the above components in successful sporting performance</p> <p><b>Exercise Intensities</b></p> <ul style="list-style-type: none"> <li>• Measuring heart rate</li> <li>• Maximum heart rate</li> <li>• Training zones/thresholds</li> <li>• RPE/Borg Scale</li> </ul>	<p><b>FITT Principle</b></p> <ul style="list-style-type: none"> <li>• Frequency</li> <li>• Intensity</li> <li>• Time</li> <li>• Type</li> </ul> <p><b>Additional principles of training:</b></p> <ul style="list-style-type: none"> <li>• Progressive Overload</li> <li>• Specificity</li> <li>• Individual differences/needs</li> <li>• Adaptation</li> <li>• Reversibility</li> <li>• Variation</li> <li>• Rest and recovery</li> </ul> <p><b>Training Methods</b> Knowledge of the following safe, appropriate, and effective methods of training.</p> <ul style="list-style-type: none"> <li>• Flexibility <ul style="list-style-type: none"> <li>○ Static</li> <li>○ Ballistic</li> <li>○ Proprioceptive</li> </ul> </li> <li>• Strength <ul style="list-style-type: none"> <li>○ Circuit</li> <li>○ Free weights</li> <li>○ Plyometrics</li> </ul> </li> <li>• Aerobic Endurance</li> </ul>	<p><b>Administration &amp; Interpretation of fitness tests</b></p> <ul style="list-style-type: none"> <li>• Pre-test procedures</li> <li>• Safe and effective use of equipment</li> <li>• Administration of test procedures</li> <li>• Interpretation of results</li> <li>• Use of baseline data</li> </ul> <p><b>Flexibility</b></p> <ul style="list-style-type: none"> <li>• Sit and reach</li> </ul> <p><b>Strength</b></p> <ul style="list-style-type: none"> <li>• Grip dynamometer</li> </ul> <p><b>Aerobic Endurance</b></p> <ul style="list-style-type: none"> <li>• Multistage fitness test</li> <li>• Forestry step test</li> <li>• V02Max</li> </ul> <p><b>Speed</b></p> <ul style="list-style-type: none"> <li>• 35m Sprint test</li> </ul> <p><b>Agility</b></p> <ul style="list-style-type: none"> <li>• Illinois agility test</li> </ul> <p><b>Anaerobic power</b></p> <ul style="list-style-type: none"> <li>• Vertical jump test</li> </ul> <p><b>Muscular endurance</b></p> <ul style="list-style-type: none"> <li>• 1 minute press up test</li> <li>• 1 minute sit up test</li> </ul>	<p><b>Rules, regulations and scoring systems of selected sports</b></p> <ul style="list-style-type: none"> <li>• Rules (laws) Rules as regulated by NGB and IGB's's</li> <li>• Regulations</li> <li>• Scoring systems</li> <li>• Application of the rules/laws in situations</li> <li>• Roles of officials</li> <li>• Responsibilities of officials</li> </ul> <p><b>UNIT 2 ASSIGNMENT 1 COMPLETION</b></p>	<p><b>Skills, techniques, and tactics in selected sports</b></p> <ul style="list-style-type: none"> <li>• Components of physical fitness</li> <li>• Technical demands</li> <li>• Tactical demands</li> <li>• Safe and appropriate participation</li> <li>• Skills and techniques</li> <li>• Relevant tactics</li> <li>• Isolated practices</li> <li>• Conditioned practices</li> <li>• Competitive situations</li> </ul>	<p><b>Reviewing sports performance</b></p> <ul style="list-style-type: none"> <li>• <b>Observational checklists</b></li> <li>• <b>Review of performance</b></li> </ul> <p><b>UNIT 2 ASSIGNMENT 3 COMPLETION</b></p>



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	<ul style="list-style-type: none"><li>○ Continuous</li><li>○ Fartlek</li><li>○ Circuit</li><li>○ Interval</li><li>• Speed<ul style="list-style-type: none"><li>○ Hollow</li><li>○ Interval</li><li>○ Acceleration</li></ul></li></ul>	<p>Body composition</p> <ul style="list-style-type: none"><li>• BMI</li><li>• BIA</li><li>• Skinfold testing</li></ul> <p><b>UNIT 1 EXTERNAL EXAM FEB 2022</b></p>		<p><b>UNIT 2 ASSIGNMENT 2 COMPLETION</b></p>	
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