

PHYSICAL EDUCATION PoS: BTEC Sport Year 10 HT1-3

Students will colour code as they work through the scheme of work.

Students will learn about... Training and considers the different types of training that are available to individuals. Some form of training is essential for all performers to be able improve all aspects of their performance.		
Grade – L1 Students will be able to identify and state some examples of the following:	Grade – L2 Pass Students will be able to explain and state examples of the following:	Grade – L2 Distinction Students will be able to critically evaluate and use examples to support the following:
Components of physical fitness Aerobic endurance, muscular endurance, flexibility, speed, muscular strength, body composition. Components of skill-related fitness Agility, balance, coordination, power, reaction time, components for sports performance. Why fitness components are important for successful participation in given sports Exercise intensity and how it can be determined The basic principles of training (FITT) Different fitness training methods Investigate fitness testing to determine fitness levels	Components of physical fitness Aerobic endurance, muscular endurance, flexibility, speed, muscular strength, body composition. Components of skill-related fitness Agility, balance, coordination, power, reaction time, components for sports performance. Why fitness components are important for successful participation in given sports Exercise intensity and how it can be determined The basic principles of training (FITT) Different fitness training methods Investigate fitness testing to determine fitness levels	Components of physical fitness Aerobic endurance, muscular endurance, flexibility, speed, muscular strength, body composition. Components of skill-related fitness Agility, balance, coordination, power, reaction time, components for sports performance. Why fitness components are important for successful participation in given sports Exercise intensity and how it can be determined The basic principles of training (FITT) Different fitness training methods Investigate fitness testing to determine fitness levels
Assessment Written end of unit half term test, Classwork and Homework.		