

Curriculum Intent:

Learners will gain a wider understanding and appreciation of health-related fitness, sports and exercise by developing a range of skills and techniques, personal skills and attributes essential for successful performance in working life. This is underpinned by our PE core values which seek to enhance an individual's character:

- Ambitious - to exceed their minimum expected grade and strive for distinction;
- Confident - to participate, perform and lead;
- Creative – in their decision-making and by working independently to find solutions in order to meet deadlines and the success criteria;
- Respectful – of themselves, all of their peers and all adults involved in their academic and sporting life;
- Enthusiastic – about engaging in all elements of their sport curriculum in and outside of school;
- Determined – to complete their work to the best of their ability and persist in improving their work by using feedback effectively.

'Why This, Why Now?'

It is taught in this order because this is how Pearson Edexcel have stated in their own assessment plan that this must be the order of teaching.

Component 2: Taking Part and Improving Other Participants Sporting Performance

Component 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity

Medium Term Planning Document: BTEC Sport Year 11

The Medium Term Planning document below is designed to show the journey that every student takes through our curriculum. Some elements of the curriculum may be taught over several lessons, others in a single lesson.

BTEC Tech Sport	Year 11 Component 2: Taking Part and Improving Other Participants Sporting Performance – Half Term 1		
Topic	Content	Formative Assessments?	Link(s) to an example lesson
Learning outcome C: Demonstrate ways to improve participants sporting techniques	Students start their controlled coursework assessment	Checking for understanding Wholeclass feedback	*No example lesson as this is individual coursework assessment

Summative Assessment:

Pupil Non-Examination Assessment/coursework will take place throughout term 1. These will cover all content taught in the first half term. These assessments will go towards their final grade.

Medium Term Planning Document: BTEC Sport Year 11

Subject Name	Year 11 Component 2: Taking Part and Improving Other Participants Sporting Performance – Half Term 2		
Topic	Content	Formative Assessments?	Link(s) to an example lesson
LO C: Assessment window open until 15 th December	Students start their controlled coursework assessment	Checking for understanding Individual feedback	*No example lesson as this is individual coursework assessment

Summative Assessment:

Pupil Non-Examination Assessment/coursework will take place throughout term 2. These will cover all content taught in component 2. These assessments will go towards their final grade (30%).

Subject Name	Year 11 Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity – Half Term 3		
Topic	Content	Formative Assessments?	Link(s) to an example lesson
Learning Outcome A – Explore the importance of fitness for sports performance	A1 The importance of fitness for successful participation in sport	Mini whiteboard assessment Bellwork/recall work Cold-calling and no-opt out questioning Mini quiz EverLearner	<u>PLEASE NOTE – ALL POWERPOINTS ARE AVAILABLE IN YOUR TEAMS CHANNEL AND ARE CLEARLY LABELLED FOR EACH LEARNING AIM.</u>
	A2 Fitness training principles		
	A3 Exercise intensity and how it can be determined		
Key Words: Physical-related components of fitness, skill-related components of fitness, FITT principles, additional principles, intensity, Heart Rate, target zones, training thresholds, The Borg (6–20) Rating of Perceived Exertion (RPE) Scale, heart rate monitors, smart watches, apps.			
Learning Outcome B - Investigate fitness testing to determine fitness levels	B1 Importance of fitness testing and requirements for administration of each fitness test	Mini whiteboard assessment Bellwork/recall work Cold-calling and no-opt out questioning Mini quiz EverLearner	<u>PLEASE NOTE – ALL POWERPOINTS ARE AVAILABLE IN YOUR TEAMS CHANNEL AND ARE CLEARLY LABELLED FOR EACH LEARNING AIM.</u>
	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		
Key Words: Fitness testing, baseline data, programme setting, goal setting, pre-test procedures, reliability, validity, practicality, methods of fitness testing, compare, normative, data, analyse, evaluate, recommendations			

Medium Term Planning Document: BTEC Sport Year 11

Subject Name	Year 11 Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity – Half Term 4		
Topic	Content	Formative Assessments?	Link(s) to an example lesson
Learning Outcome C - Investigate different fitness training methods	C1 Requirements for each of the following fitness training methods	Mini whiteboard assessment Bellwork/recall work Cold-calling and no-opt out questioning Mini quiz EverLearner	PLEASE NOTE – ALL POWERPOINTS ARE AVAILABLE IN YOUR TEAMS CHANNEL AND ARE CLEARLY LABELLED FOR EACH LEARNING AIM.
	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		
	C5 Provision for taking part in fitness training methods		
	C6 The effects of long-term fitness training on the body systems		
Key Words: Warm-up, cool down, methods of training, FITT principles, advantages/disadvantages, public provision, private provision, voluntary provision, adaptations			
Learning Outcome D - Investigate fitness programming to improve fitness and sports performance	D1 Personal information to aid fitness training programme design	Mini whiteboard assessment Bellwork/recall work Cold-calling and no-opt out questioning Mini quiz EverLearner	PLEASE NOTE – ALL POWERPOINTS ARE AVAILABLE IN YOUR TEAMS CHANNEL AND ARE CLEARLY LABELLED FOR EACH LEARNING AIM.
	D2 Fitness programme design		
	D3 Motivational techniques for fitness programming		
Key Words: Aims/objectives, lifestyle & physical activity history, methods of training, FITT principles, components of fitness, motivation, goal-setting, SMARTER targets, intrinsic, extrinsic			

Medium Term Planning Document: BTEC Sport Year 11

Subject Name	Year 11 Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity – Half Term 5		
Topic	Content	Formative Assessments?	Link(s) to an example lesson
Revision, exam practice and Top Tips	Recap, revision and practice of all learnt Component 3 content	Mini quiz EverLearner Mock Papers	N/A

