

Year
10



Introduction
+
Course
Expectations +
Course Breakdown

A1 - Types and providers of sport and physical activities
A2 - Types and needs of sport and physical activity participants

Component 1

Learning Aim B –
Examine equipment and technology required for participants to use when taking part in sport and physical activity

B1 - Different types of sports clothing and equipment required for participation in sport and physical activity

B3 - The limitations of using technology in sport and physical activity

Component 1

Learning Aim C – Be able to prepare participants to take part in physical Activity



Continuation of
Component 1 –
Learning Aim C



Component 1

Learning Aim A –
Explore types and provision of sport and physical activity for different types of 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



B1 - Different types of sports clothing and equipment required for participation in sport and physical activity

B2 - Different types of technology and their benefits to improve sport and physical activity participation and performance



C1 – Planning a warm up

C2 - Adapting a warm-up for different categories of participants and different types of physical activities

MOCK EXAMS
Start SOON



C3 - Delivering a warm-up to prepare participants for physical activity of physical activities

Practice and Preparation for your Assessments will begin

Assessments will continue & Assessment Moderation will take place

Component 2

Learning Aim A – Understand how different components of fitness are used in different physical activities

Component 2

Learning Aim B – Be able to participate in sport and understand the roles and responsibilities of officials

B2 – Officials in sport

B3 – Rules & Regulations In Sport

C1 – Planning drills and conditioned practices to develop participants' sporting skills

C2 – Drills to improve sporting performance



- PLAN
- PREPARE
- PERFORM



6th February
Pearson Set Assignment's are released!



A1 – Components of Physical Fitness

A2 – Components of Skill Related Fitness



B1 – Techniques, strategies and fitness required for different sports

Component 2

Learning Aim C – Demonstrate ways to improve participants sporting techniques



C1 – Planning drills and conditioned practices to develop participants' sporting skills





Y11 Course Outline + Course Expectations

Practice and Preparation for your Assessments will begin

Assessments will continue & Assessment Moderation will take place

Component 3
Learning Aim A – Explore the importance of fitness for sports performance

Component 3
Learning Aim B – Investigate fitness testing to determine fitness levels

B1 - Importance of fitness testing and requirements for administration of each fitness test

B3 - Fitness test methods for components of skill-related fitness

B4 – Interpretation of fitness test results



MOCK EXAMS Start SOON

Component 2
Learning Aim C – Demonstrate ways to improve participants sporting techniques

C2 – Drills to improve sporting performance



3rd October
Pearson Set Assignment's are released!

A1 - The importance of fitness for successful participation in sport

A2 - Fitness training principles

A3 - Exercise intensity and how it can be determined

B2 - Fitness test methods for components of physical fitness

MOCK EXTERNAL ASSESSMENT – Learning Aim B

Component 3

Learning Aim C – Investigate different fitness training methods

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

Component 3

Learning Aim D – Investigate fitness programming to improve fitness and sports performance

MOCK EXTERNAL ASSESSMENT – Learning Aim D



COMPONENT 3 - EXTERNAL ASSESSMENT



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

MOCK EXTERNAL ASSESSMENT – Learning Aim C

- PLAN
- PREPARE
- PERFORM

D1 – Personal information to aid training fitness programme design

D2 – Fitness programme design

D3 – Motivational techniques for fitness programming

