

# **BTEC Tech Award in Sport**



## **Year 10 Curriculum Map**



## Year 10 – Autumn Term BTEC Tech Award in Sport

<b>Prior Learning</b>	<p>Pupils should have participated in a range of different sports and physical activities during key stage 2 and key stage 3. Pupils should be able to describe and demonstrate the different skills, tactics and strategies in games activities such as football, netball, rugby etc. Pupils should also be able to describe and perform skills, sequences and motifs as well as use different choreography skills in aesthetic activities such as dance, gymnastics and trampolining. Pupils should also be able to describe and apply specific techniques to events which require them to perform at their maximum levels, such as cross country and athletics. Pupils should also understand the rules and scoring systems for the range of sporting activities that they have participated in at key stage 3. Pupils should also understand the importance of warm-ups and cool-downs used in different activities and are able to identify the main muscles used for stretches.</p>
<b>What will I learn?</b>	<p>During this term, pupils will focus on the different types of activities that participants can take part in and the different providers that may offer these physical activities, such as public, private or voluntary facilities. Pupils will also discover the needs of participants, any barriers of participation and the different ways to overcome these barriers. Pupils will also learn about the different equipment and technology that is required to participate in different sports and physical activities. Pupils will also develop an understanding of anatomy and physiology particularly focusing on the musculoskeletal and cardiorespiratory systems and their response to exercise. In the practical lessons, pupils will learn about the aspects that need to be considered when planning and delivering a warm-up such as the different sections (pulse raiser, mobiliser, preparation stretches and mental/game preparation), organisation, instructions, equipment etc. Pupils will then plan and deliver warm-ups to prepare participants to take part in different sports and physical activities.</p>
<b>How will I be assessed?</b>	<p>Pupils will participate in formative assessment during lessons such as low stakes quizzes, use of mini whiteboard, practical activities with lots of verbal feedback, and self and/or peer assessment. Pupils will receive written feedback after each unit test, mock assessment or practice exam questions in line with the Pearson Edexcel BTEC Sport marking criteria or mark schemes.</p>
<b>Next Steps</b>	<p>During the spring term, the pupils will prepare and then complete the Pearson Set Assessment (PSA) for Component 1: Preparing participants to take sport and physical activity with a release date beginning of February which is to be completed and marks sent to the external moderator by 1<sup>st</sup> May. The work and assessments from Component 1 will provide a strong grounding of theoretical and practical knowledge for both Component 2 and Component 3, for example in Component 1 – pupils will need to plan and deliver a 10 min warm-up for a chosen sport to a small group and in Component 2 – pupils will need to plan and deliver a 10min training session demonstrating sports drills and conditioned practices for a chosen sport.</p>
<b>Opportunities for Independent Learning</b>	<p>Guide to warm-ups - <a href="https://trustmycoach.com/functional-training/ultimate-warm-up-guide/">https://trustmycoach.com/functional-training/ultimate-warm-up-guide/</a> Types of stretching exercises - <a href="https://www.sportsinjuryclinic.net/rehabilitation-exercises/stretching-exercises/types-of-stretching">https://www.sportsinjuryclinic.net/rehabilitation-exercises/stretching-exercises/types-of-stretching</a> The Flow (Whole Body Warm-up) - <a href="https://www.youtube.com/watch?v=BWs4eXjP9Ks">https://www.youtube.com/watch?v=BWs4eXjP9Ks</a> Swansea City Academy Football Warm-up - <a href="https://www.youtube.com/watch?v=BWs4eXjP9Ks">https://www.youtube.com/watch?v=BWs4eXjP9Ks</a> Badminton Specific Warm-up - <a href="https://www.youtube.com/watch?v=MTX-CAy0WRY">https://www.youtube.com/watch?v=MTX-CAy0WRY</a></p>

<b>Personal Development and CEIAG</b>	<p>Pupils will develop their health, physical fitness and skill level, through sport and physical activity. They will also develop their lifestyle and cultural awareness when learning about participation and potential barriers.</p> <p>When leading the warm-ups, pupils will develop their communication, organisation, time management, safety awareness and flexible skills to support the participants appropriately with the warm-up for their chosen sport.</p> <p>Paid coaches and officials are needed at local, regional and national level, along with county, regional and national development officers for wide variety of sports.</p>
<b>Enrichment Opportunities (Cultural Capital)</b>	<p>Pupils are encouraged to get involved with sport in school and within the wider community. Pupils would benefit a great deal from taking a lead during these sessions and developing the skills they will be learning about on this course. The PE department has details and contacts of local gyms, leisure centres, clubs and teams, which can provide playing, coaching and officiating opportunities. Attending any live sporting fixtures would be incredibly beneficial for the pupils on this course and would bring the content they are covering to life.</p>

	<h2>Year 10 – Spring Term</h2> <h3>BTEC Tech Award in Sport</h3>
<b>Prior Learning</b>	<p>Pupils should be able to describe the different types of activity that participants can take in and the different providers that may offer these physical activities. Pupils should also be able to explain needs of participants, any barriers of participation and the different ways to overcome these barriers. For different sports and physical activities, pupils should be able to identify and explain the different equipment and technology that is required to participate. Pupils should be able to explain the structure of the musculoskeletal and cardiorespiratory systems and their response to exercise. During the practical lessons, pupils should be able to plan and deliver a warm-up to prepare participants to take part in different sports and physical activities.</p>
<b>What will I learn?</b>	<p>During this term, pupils will prepare for the release of Pearson Set Assessment (PSA) for Component 1: Preparing Participants to take sport and physical activity with the release date beginning of February which is to be completed and marks sent to the external moderator by 1<sup>st</sup> May. Using different scenarios and case studies, pupils will continue to apply their learning from the autumn term regarding different types of activities that participants can take part in and the different providers that may offer these physical activities, such as public, private or voluntary facilities. Also, the needs of participants, any barriers of participation and the different ways to overcome these barriers. For specific sports, pupils will identify the different equipment, protective clothing and technology that is required. In the practical lessons, pupils will plan and deliver the different sections of a warm-up for a chosen activity as well as observe and evaluate other pupils' delivery of warm-ups.</p>
<b>How will I be assessed?</b>	<p>Pupils will participate in formative assessment during lessons such as low stakes quizzes, use of mini whiteboard, practical activities with lots of verbal feedback, and self and/or peer assessment. Pupils will receive written feedback after each unit test, mock assessment or practice exam questions in line with the Pearson Edexcel BTEC Sport marking criteria or mark schemes.</p> <p>For the Pearson Set Assessment (PSA), the pupils' assignments will be internally marked and moderated using the set marking criteria for each assignment and then externally moderated by an external moderator.</p>
<b>Next Steps</b>	<p>In the summer term, pupils will start Component 2: Taking part and improving other participants sporting performances, which will be assessed with a Person Set Assessment</p>

	<p>(PSA) during year 11 and Component 3: Developing fitness to improve other participants performance in sport and physical activity, which will assessed with an external examination towards the end of year 11. Theory from component 1 such as anatomy and physiology and the effects of exercise on the musculoskeletal and cardiorespiratory systems will be revisited and provide pupils with a strong grounding for the theory in Components 2 and 3. As well as planning and delivering a warm-up in component 1 will provide pupils with the delivery and presentation skills to deliver a 10-minute training session including specific drills and conditioned practices for a chosen sport in component 2.</p>
<p><b>Opportunities for Independent Learning</b></p>	<p>Guide to warm-ups - <a href="https://trustmycoach.com/functional-training/ultimate-warm-up-guide/">https://trustmycoach.com/functional-training/ultimate-warm-up-guide/</a></p> <p>Types of stretching exercises - <a href="https://www.sportsinjuryclinic.net/rehabilitation-exercises/stretching-exercises/types-of-stretching">https://www.sportsinjuryclinic.net/rehabilitation-exercises/stretching-exercises/types-of-stretching</a></p> <p>The Flow (Whole Body Warm-up) - <a href="https://www.youtube.com/watch?v=BWs4eXjP9Ks">https://www.youtube.com/watch?v=BWs4eXjP9Ks</a></p> <p>Swansea City Academy Football Warm-up - <a href="https://www.youtube.com/watch?v=BWs4eXjP9Ks">https://www.youtube.com/watch?v=BWs4eXjP9Ks</a></p> <p>Badminton Specific Warm-up - <a href="https://www.youtube.com/watch?v=MTX-CAy0WRy">https://www.youtube.com/watch?v=MTX-CAy0WRy</a></p>
<p><b>Personal Development and CEIAG</b></p>	<p>Pupils will develop their health, physical fitness and skill level, through sport and physical activity. They will also develop their lifestyle and cultural awareness when learning about participation and potential barriers.</p> <p>When leading the warm-ups, pupils will develop their communication, organisation, time management, safety awareness and flexible skills to support the participants appropriately with the warm-up for their chosen sport.</p> <p>Paid coaches and officials are needed at local, regional and national level, along with county, regional and national development officers for wide variety of sports.</p>
<p><b>Enrichment Opportunities (Cultural Capital)</b></p>	<p>Pupils are encouraged to get involved with sport in school and within the wider community. Pupils would benefit a great deal from taking a lead during these sessions and developing the skills they will be learning about on this course. The PE department has details and contacts of local gyms, leisure centres, clubs and teams, which can provide playing, coaching and officiating opportunities. Attending any live sporting fixtures would be incredibly beneficial for the pupils on this course and would bring the content they are covering to life.</p>

	<p style="text-align: center;"><b>Year 10 – Summer Term BTEC Tech Award in Sport</b></p>
<p><b>Prior Learning</b></p>	<p>Pupils should have completed component 1: Preparing participants to take sport and physical activity, and be ready to start component 2: Taking part and improving other participants sporting performances. Pupils should have participated in a range of different physical activities during key stage 3 and the start of key stage 4. Pupils may also participate in different sports and physical activities outside of school at local gyms, leisure centres, clubs and teams so will be aware of the different skills, tactics/strategies and rules required for their chosen sport so they can plan a 10-minute training session including specific drills and conditioned practices.</p>
<p><b>What will I learn?</b></p>	<p>During this term, pupils will practice and improve their own performance of specific skills in isolated practices for their chosen sport and be able to demonstrate skills and strategies in competitive situations, as well as effective decision-making during the competitive situations.</p> <p>Pupils will also develop their knowledge, understanding and practical skills that are required to be an effective sport leader. They will focus on the aspects and qualities that must be considered and demonstrated when planning and delivering a safe and effective training</p>

	<p>sessions themselves. Pupils will be encouraged to consider and evaluate their delivery and, by doing so, develop their ability to communicate with an audience verbally and through practical demonstration, so they can support the improvement of performers with different needs and abilities. Pupils will develop a deep understanding of safe and appropriate practice, such as organisation of group/activity and safe supervision, delivery style, communication skills, appropriate language and technical terms, motivation techniques, activity-specific knowledge, tactics which are appropriate to the requirements of the performers and adaptability.</p>
<p><b>How will I be assessed?</b></p>	<p>Pupils will participate in formative assessment during lessons such as low stakes quizzes, use of mini whiteboard, practical activities with lots of verbal feedback, and self and/or peer assessment. Pupils will receive written feedback after each unit test, mock assessment or practice exam questions in line with the Pearson Edexcel BTEC Sport marking criteria or mark schemes.</p> <p>For the Pearson Set Assessment (PSA), the pupils' assignments will be internally marked and moderated using the set marking criteria for each assignment and then externally moderated by an external moderator.</p>
<p><b>Next Steps</b></p>	<p>In year 11, pupils will continue to study Component 2: Taking part and improving other participants sporting performances, which will be assessed with a Person Set Assessment (PSA) during year 11 and study Component 3: Developing fitness to improve other participants performance in sport and physical activity, which will assessed with an external examination towards the end of year 11. Theory from component 1 such as anatomy and physiology and the effects of exercise on the musculoskeletal and cardiorespiratory systems will be revisited and provide pupils with a strong grounding for the theory in Components 2 and 3. As well as planning and delivering a warm-up in component 1 will provide pupils with the delivery and presentation skills to deliver a 10-minute training session including specific drills and conditioned practices for a chosen sport in component 2.</p>
<p><b>Opportunities for Independent Learning</b></p>	<p>How to plan and organise a coaching session - <a href="https://www.ukcoaching.org/resources/topics/videos/how-to-plan-and-organise-a-coaching-session">https://www.ukcoaching.org/resources/topics/videos/how-to-plan-and-organise-a-coaching-session</a></p> <p>Pupils should use the websites of National and International Governing Bodies for sports to improve their knowledge of the rules and regulations of their sports.</p> <p>Pupils can research on the internet different skills, drills and conditioned practices to help improve and support participants in their chosen sport when delivering a training session.</p>
<p><b>Personal Development and CEIAG</b></p>	<p>Pupils will develop their health, physical fitness and skill level, through sport and physical activity. When participating in competitive situations, they will experience teamwork qualities such as communication, leadership, decision-making and problem solving when playing. As well as developing personal qualities such as independence, resilience, and co-operation.</p> <p>When leading the training sessions, pupils will develop their communication, organisation, time management, safety awareness and flexible skills to support the participants appropriately with the specific drills and conditioned practices.</p> <p>Paid coaches and officials are needed at local, regional, and national level, along with county, regional and national development officers for wide variety of sports.</p>
<p><b>Enrichment Opportunities (Cultural Capital)</b></p>	<p>Pupils are encouraged to get involved with sport in school and within the wider community. Pupils would benefit a great deal from taking a lead during these sessions and developing the skills they will be learning about on this course. The PE department has details and contacts of local gyms, leisure centres, clubs and teams, which can provide playing, coaching and officiating opportunities. Attending any live sporting fixtures would be incredibly beneficial for the pupils on this course and would bring the content they are covering to life.</p> <p>This video clip will help with understanding what leadership is <a href="https://www.youtube.com/watch?v=4jWZVtkJdC0">https://www.youtube.com/watch?v=4jWZVtkJdC0</a></p>