	На	lf term 1	
Key focus	Component 2: Taking Part and Improving Other Participants Sporting Performance	Component 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity	Component 3: De Participants Perfo
Key knowledge and skills	Students will understand how different components of fitness are used in different physical activities. Be able to participate in sport and understand the roles and responsibilities of officials. Demonstrate ways to improve participants sporting techniques.	Students will demonstrate knowledge of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise. Demonstrate an understanding of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise. Apply an understanding of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise. Make connections with concepts, facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness tests, training	Students will dem components of fitr methods/processe fitness in sport an understanding of tests, training met to improving fitnes understanding of tests, training met to improving fitnes connections with of fitness, fitness tes methods/processe fitness in sport an
Key words/ vocabulary	Aerobic endurance, muscular endurance, muscular strength, speed, flexibility, body composition, power, coordination, reaction time, agility balance, skills, techniques, strategies, isolated practice, competitive situation, officials, referee, umpire, assistant referee, scorers, judges, video review officials, appearance, equipment, communication, health and safety, stationary drills, drills with passive/active opposition, demonstration, teaching points, feedback.	Aerobic endurance, muscular endurance, muscular strength, speed, flexibility, body composition, power, coordination, reaction time, agility balance, frequency, intensity, time, type, progressive overload, specificity, individual differences, adaptation, reversibility, variation, rest and recovery, training thresholds, heart rate, Borg Rating of Perceived Exertion (RPE) Scale, baseline data, training programmes, goal-setting, calibration of equipment, informed consent, Physical Activity Readiness Questionnaire (PAR-Q), reliability, validity, practicality, multi-stage fitness test, Yo-Yo test, Harvard step test, 12 minute cooper run, one-minute press-up, one-minute sit-up, timed plank test, sit and reach test, calf muscle flexibility test, shoulder flexibility test, 30 metre sprint test, 30 metre flying sprint, grip dynamometer, 1 Rep Max, Body Mass Index (BMI), Bioelectrical Impedance Analysis (BIA), waist to hip ratio, Illinois agility run test, T Test, stork stand test, Y balance test, Alternate-Hand Wall-Toss test, stick flip coordination test, vertical jump test, standing long/broad jump, Margaria-Kalamen power test, ruler drop test, Online reaction time test, normative data, warm-up, cool down, continuous training, fartlek training, interval training, circuit training, static active stretching, static passive stretching, proprioceptive	Aerobic endurance strength, speed, fl coordination, reac- intensity, time, typ individual difference variation, rest and rate, Borg Rating baseline data, trait calibration of equi Activity Readiness validity, practicality Harvard step test, press-up, one-min- reach test, calf mu- test, 30 metre spri dynamometer, 1 F Bioelectrical Impe- ratio, Illinois agility balance test, Alter coordination test, long/broad jump, I drop test, Online re warm-up, cool dow training, interval tr stretching, static p



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## Terms 2 & 3

## eveloping Fitness to Improve Other formance in Sport and Physical Activity

nonstrate knowledge of facts, tness, fitness tests, training ses/principles in relation to improving nd exercise. Demonstrate an f facts, components of fitness, fitness ethods/processes/principles in relation ess in sport and exercise. Apply an f facts, components of fitness, fitness ethods/processes/principles in relation ess in sport and exercise. Make a concepts, facts, components of ests, training ses/principles in relation to improving

ses/principles in relation to improving nd exercise.

ce, muscular endurance, muscular flexibility, body composition, power, ction time, agility balance, frequency, pe, progressive overload, specificity, nces, adaptation, reversibility, d recovery, training thresholds, heart of Perceived Exertion (RPE) Scale, aining programmes, goal-setting, uipment, informed consent, Physical ss Questionnaire (PAR-Q), reliability, lity, multi-stage fitness test, Yo-Yo test, t, 12 minute cooper run, one-minute inute sit-up, timed plank test, sit and nuscle flexibility test, shoulder flexibility rint test, 30 metre flying sprint, grip Rep Max, Body Mass Index (BMI), edance Analysis (BIA), waist to hip ity run test, T Test, stork stand test, Y ernate-Hand Wall-Toss test, stick flip , vertical jump test, standing

, Margaria-Kalamen power test, ruler reaction time test, normative data, own, continuous training, fartlek training, circuit training, static active passive stretching, proprioceptive

## Curriculum Map – Level 2 BTEC award in Sport – Year 11

		neuromuscular facilitation (PNF) technique, free weights, fixed resistance machines, acceleration sprints, resistance drills, speed, agility quickness (SAQ) training, plyometrics, public provision, private provision, voluntary provision, cardiac hypertrophy, capillarisation, alveoli, adaptations, ligament, tendon, bone density, lactic acid, aims, objectives, types of motivation (intrinsic and extrinsic), specific, measurable, achievable, realistic, time-related, exciting, recorded (SMARTER) targets.	neuromuscular fac weights, fixed resi sprints, resistance training, plyometri voluntary provision alveoli, adaptation lactic acid, aims, o (intrinsic and extrin achievable, realist (SMARTER) targe
Assessment method	Component 2 is internally assessed and externally moderated by Pearson. Students are assessed by completing 5 tasks (3 written and 2 practical tasks) which is worth 30% of their final grade.	Component 3 is externally assessed by Pearson. Students complete a written exam worth 60 marks in supervised conditions for 1.5 hours which is worth 40% of their final grade.	Component 3 is ex Students complete supervised conditi of their final grade
Wider links			
Enrichment opportunities			
Careers links	PE teacher, PT instructor, gym instructor, sports coach, sports official	PE teacher, PT instructor, gym instructor, sports coach, sports official, sports psychologist	PE teacher, PT ins sports official, spo



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facilitation (PNF) technique, free esistance machines, acceleration ace drills, speed, agility quickness (SAQ) etrics, public provision, private provision, sion, cardiac hypertrophy, capillarisation, ons, ligament, tendon, bone density, s, objectives, types of motivation etrinsic), specific, measurable, listic, time-related, exciting, recorded rgets.

externally assessed by Pearson. ete a written exam worth 60 marks in ditions for 1.5 hours which is worth 40% de.

instructor, gym instructor, sports coach, ports psychologist