

Y10-11 BTEC Tech Sport SOW

Y10 SOW

Term 1 – September – December	Term 2 – January – April	Term 3 – April – July
<p>Component 1 – Preparing Participants to Take Part in Sport and Physical Activity. (Deadline: 15th December)</p> <p>A1: Types and Providers of Sport and Physical Activities. A2: Types and Needs of Sport and Physical Activity Participants. A3: Barriers to participant in sport and physical activity for different types of participants. A4: Methods to address barriers to participation in sport and physical activity for different types of participants. 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. B3: The limitations of using technology in sport and physical activity. C1: Planning a warm-up. C2 Adapting a warm-up for different categories of participants and different types of physical activities. C3: Delivering a warm-up to prepare participants for physical activity.</p>	<p>Component 2 – Taking Part and Improving Other Participants Sporting Performance</p> <p>A1: Components of physical fitness. A2: Components of skill-related fitness. B1: Techniques, strategies and fitness required for different sports. B2: Officials in sport. B3: Rules and regulations in sports.</p>	<p>Component 2 – Taking Part and Improving Other Participants Sporting Performance (Deadline 15th May)</p> <p>C1: Planning drills and conditioned practices to develop participants' sporting skills. C2: Drills to improve sporting performance.</p> <p>Component 3 – Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity.</p> <p>A1: The importance of fitness for successful participation in sport. A2: Fitness training principles. A3 Exercise intensity and how it can be determined. B1: Importance of fitness testing and requirements for administration of each fitness test. 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. 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. 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. D1: Personal information to aid fitness training programme design. D2: Fitness programme design. D3: Motivational techniques for fitness programming.</p>

Enrichment

Sport Catch Up/Revision Sessions	Sport Catch Up/Revision Sessions	Sport Catch Up/Revision Sessions
----------------------------------	----------------------------------	----------------------------------

Assessment

Component 1 Controlled Piece of Assessment		Component 2 Controlled Piece of Assessment
--	--	--

Enhanced Piece of Work

Component 1 Controlled Piece of Assessment		Component 2 Controlled Piece of Assessment
--	--	--

Y11 SOW

Term 1 – September – December	Term 2 – January – April	Term 3 – April – May/June
Component 3 – Component 3 – Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity. (Examination Component) A1: Factors Affecting Health and Wellbeing B1: Physiological Indicators B2: Lifestyle Indicators C1: Person-Centred Approach C2: Recommendations and Actions to Improve Health and Wellbeing. C3: Barriers and Obstacles to Following Recommendations.	Component 3 – Component 3 – Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity. (Examination Component) A1: Factors Affecting Health and Wellbeing B1: Physiological Indicators B2: Lifestyle Indicators C1: Person-Centred Approach C2: Recommendations and Actions to Improve Health and Wellbeing. C3: Barriers and Obstacles to Following Recommendations.	Component 3 – Component 3 – Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity. (Examination Component) A1: Factors Affecting Health and Wellbeing B1: Physiological Indicators B2: Lifestyle Indicators C1: Person-Centred Approach C2: Recommendations and Actions to Improve Health and Wellbeing. C3: Barriers and Obstacles to Following Recommendations.

Enrichment

Sport Catch Up/Revision Sessions	Sport Catch Up/Revision Sessions	Sport Catch Up/Revision Sessions
----------------------------------	----------------------------------	----------------------------------

Assessment

Mock Examinations Short Papers – Specific Topics	Mock Examinations Short Papers – Specific Topics	Mock Examinations Short Papers – Specific Topics
---	---	---