## INTENT FXAM PE BTEC The intention of this curriculum is to develop a knowledge and understanding of a range of factors that impact participation in Sport as well as how to improve skills and techniques in Sport. It intends to improve participation and physical and mental health Component 2 and wellbeing through developing an understanding Component 2 of a range of factors within the sport sector. Component 2 SE SEMESTER What are macronutrients and micronutrients? What is the psychological What are the components of fitness and principle Impact influence that motivation, self-confidence and anxiety have on This curriculum will impact students as the sports industry is continuously growing. There is an What are the different role of officials in sport and of training? ME participation in sport and activity? what methods can you apply to sporting drills? **YEAR 11** STE increased knowledge of the bnefits of sport and physical activity. There are documented research Long answer question writing, components or fitness and principles of training. What they are and their Nutrition and its link to sport. Motivation, self-confidence and anxiety – what the on the benefits to both mental and physical health oles and responsibilities in the sporting sector and rules are and how they impact sport. Z and regulations of the sport. Research and analysis skills when participating in sport as well as economic 2 development, social and community developments. Lifelong opportunities What careers are opened up to you by studying this curriculum? Where can it take students? Study of this sector at Key Stage 4 will complement Component 2 Component 1 GCSE study through providing an opportunity for Component 1 2 practical application alongside conceptual study. What are the components of fitness and ho 2 ഹ There are also strong opportunities for post-16 How has technology advanced to aid preparation of the do they effect performance? ш ш What types of provision are in place to support Ш body for participation in sport? progression in this vital sector. Career opportunities participants, barriers to participation and ways to EST EST overcome these barriers in sport? to include personal trainer, paramedic, doctor, ES nutritionist, firntess instructor, coach, business owner, Technology and its use in sport, benefits of technology in relatic to short and long term effects of participation in sport on your SEMI EΖ YEAR 10 PE teacher, professional sportsperson. ents of physical fitness, compo EΝ skill-related fitness. Provision in place in sport, knowledge of a range of sports progression routes and job opportunities in the industry. body systems. Research and analysis skills. $\mathbf{S}$ $\overline{S}$ Confidence to umpire games and make The importance of resilience Training to reach goals Components of fitness & improving scores decisions S S EME EME EM Why is it important to plan your training? Why is it important to never give up? Why is it important to develop many of their component of Why are the correct decisions in sport so important? fitness to be better at sport? 丽 In this unit pupils will focus on developing team attacking Punils will further enhance replication and performance across all TER Pupils will demonstrate consistency, timing and fluency in the execution of core skills for batting, bowling and fielding. Pupils will work on improving the skill of outwitting opponents as a satter and bowler. Development of decision making skills will be encouraged through game play. Pupil should independently be able to score and officiate rounders games. and defending strategies and techniques. Pupils will select and apply core football/hockey skills using them tactically with the intention of outwitting their opponents. Pupils will gain an improved knowledge of small sided competitive ams will be expected to use core skills and implement them disciplines. Pupils to gain a more detailed understanding of fitness an its effect on performance. Pupils will focus on planning, preparing for 贸 F YEAR 9 in different competitive situations. Pupils will be expected to understand games rules, play a number of positions and physically exert themselves throughout. Students understand the benefits of developing the components of fitness to become better at their and competing in a range of athletic competitions. Pupils will perform core skills and record personal/collective bests. Pupil will develop knowledge of the immediate effects of exercise and physically exert mes and rules than underpin the game. In cross country ents develop their resilience and value the importance 2 ယ themselves throughout. never aivina up. Football/Hockey Rugby/netball, fitness **Cricket/ Rounders** Athletics, Tennis Health strand - Decision making and Health strand - Pupils develop their Character strand - What is it to be Health strand - What is a healthy diet spatial awareness understanding of fitness, different body part of a team? systems and their relationship to performance 4 2 Why is being part of a team important? Develop ER Why do we need a healthy balanced diet? ER Why is strategy important to in sport? Why is it important to develop our speed and of leadership strength? ш EST To learn about positions and the skills needed for those YEAR 8 Pupils will develop the fundamental principles of play when positions. Pupils will experience a range of skill variations with intent to outwit the opposition. Develop a sound knowledge ES SEMES Pupils will be constantly faced with strategic and tactical eplicating core skills and movement needed including; batting, o understand the concept of different sports and make decisions based on movement of the ball into space and noice of skill execution. Pupils learn what it is to be part of a team and the importance of different roles SEMI wling and fielding. To develop a more detailed understandin f terminology, rules and umpire signals during a competitive SEME effective evaluations of strengths and weaknesses in of positions and rules surrounding footwork and contact. Pupils should begin to analyse performances and adapt elements to improve game situation Athletics, Tennis **Cricket/ Rounders** Football/Hockey Rugby/netball Health strand - Understand the importance of Character strand - To develop our skill level Health strand - Health benefits gained Development of tactics and strategies Heart rate and recall large muscle group names through basic fundamental movement skills from fitness based activities SEME EMES **EMESTE** Why is it important to have knowledge regarding Ш Why do we need to engage the larger muscle groups when Why is it important to work on our skill? Why is sport and PE important? playing sport? What can our heart rate tell us? YEAR 7 STE S Show a basic tactical awareness and react to opponent's ow to run, jump and throw. To understand how technically engag IER How to pass, tackle, intercept, shoot successfully, Gair How to bowl, bat and field. Students learn rules and tactics TER essure in a small sided game. Students learn new skills and try to embed them within the sport they are playing owledge of the nature of fitness based activities and e larger muscle groups helps with gross movements. Why is kn about our heart rate important? associated with the sports they are playing make effective evaluations of strength and weak Z R ယ 4 Athletics, Tennis Football/Hockey **Cricket/ Rounders** Rugby/netball, racket sports