


Year 10 Sport

Course: BTEC Level 1 Introductory in Sport.

Exam board: Pearson

The BTEC Work Skills qualification has been designed to offer learners a flexible programme of study to improve their understanding and application of Sport. This qualification has been developed to ensure that the knowledge, skills and understanding provided is relevant, current and useful for learners and potential employers.

 Holly Lodge High School College of Science						
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Focus	Unit SP5 – How Exercise Affects the Body. The aim of this unit is to carry out tests to measure how exercise affects the body. You will explore how the heart, lungs, muscles and bones work together to help you perform.	Unit SP5 – How Exercise Affects the Body. The aim of this unit is to carry out tests to measure how exercise affects the body. You will explore how the heart, lungs, muscles and bones work together to help you perform.	Unit A1 – Being Organised. The aim for this unit is to enable pupils to develop key techniques to help organise their work and priorities and manage their time effectively.	Unit A1 – Being Organised. The aim for this unit is to enable pupils to develop key techniques to help organise their work and priorities and manage their time effectively.	Unit SP7 – Playing Sport. The aim of this unit is to enable pupils to show skills and techniques in Sport and be able to review their own performance when playing sport to improve skills and techniques.	Unit SP7 – Playing Sport. The aim of this unit is to enable pupils to show skills and techniques in Sport and be able to review their own performance when playing sport to improve skills and techniques.
Key Tasks	To be able to demonstrate skills and understanding of how the body works through practical activities and by carrying out tests. You will	To be able to demonstrate skills and understanding of how the body works through practical activities and by carrying out tests. You will also develop skills to communicate test results.	To explore techniques to improve their own organisational skills and review the use of techniques to improve their own organisational skills.	To explore techniques to improve their own organisational skills and review the use of techniques to improve their own organisational skills.	To be able to demonstrate skills and techniques in sport and review their own performance when playing sport to improve skills and techniques.	To be able to demonstrate skills and techniques in sport and review their own performance when playing sport to improve skills and techniques.


	also develop skills to communicate test results.					
Assessment	Internally Learners will carry out at least three different tests to understand how exercise affects the body. Results will be collected and recorded to discuss key observations. A report will communicate what the test results show.	Internally Learners will carry out at least three different tests to understand how exercise affects the body. Results will be collected and recorded to discuss key observations. A report will communicate what the test results show.	Internally A planner showing how they have organised themselves for a two week period which includes supporting documentation that demonstrates the techniques used.	Internally A planner showing how they have organised themselves for a two week period which includes supporting documentation that demonstrates the techniques used.	Internally Tutor observation and review of performance in the sport.	Internally Tutor observation and review of performance in the sport.

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Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Focus	Unit SP12 – Keeping Active and Healthy. The aim of this unit is for pupils to develop the skills needed to make active and healthy lifestyle recommendations to a specific individual.	Unit SP12 – Keeping Active and Healthy. The aim of this unit is for pupils to develop the skills needed to make active and healthy lifestyle recommendations to a specific individual.	Unit A2 – Developing a Personal Progression Plan. The aim of this unit will develop the skills and behaviours needed to progress to the next stage in their learning, identifying progressions opportunities and creating a plan to enable them to get there.	Unit A2 – Developing a Personal Progression Plan. The aim of this unit will develop the skills and behaviours needed to progress to the next stage in their learning, identifying progressions opportunities and creating a plan to enable them to get there.		
Key Tasks	To explore how physical activity, diet, smoking and alcohol affect health and sports performance. Pupils will develop the practical skills needed to	To explore how physical activity, diet, smoking and alcohol affect health and sports performance. Pupils will develop the practical skills needed to plan and present health	A progression plan to meet intended progression goal.	A progression plan to meet intended progression goal.		

	plan and present health recommendations to a specific individual.	recommendations to a specific individual.				
Assessment	Internally Created Information resources will advise individuals how to be active and healthy. A specific plan for an individual will include recommendations to help them bring about improvements in their activity levels, eating habits and general health.	Internally Created Information resources will advise individuals how to be active and healthy. A specific plan for an individual will include recommendations to help them bring about improvements in their activity levels, eating habits and general health.	Internally A progression interview with teacher to discuss their progression plan.	Internally A progression interview with teacher to discuss their progression plan.		