

Physical Education **BTEC** Plan

Term 1

Year 11

Year 11	Lesson 1 Learning intentions (what can a student do at the end of the lesson) UNIT 1	Lesson 2 Learning intentions (what can a student do at the end of the lesson) UNIT 1	Lesson 3 Learning intentions (what can a student do at the end of the lesson) UNIT 1
Weeks 1 (Staggered start)	<ul style="list-style-type: none"> • An introduction to the course – To know the units that make up BTEC Sport. • To know the grading criteria and expectations in BTEC Sport. • To know and understand the content and topics covered in Unit 1 – Preparing participants to take part in sport and physical activity. 	<ul style="list-style-type: none"> • To identify different sports and physical activity • To know how this may affect different participants • To analyse the benefits of sport 	<ul style="list-style-type: none"> • To know and understand the provision of sport • To identify the characteristics of the 3 sectors • To be able to analyse the advantages and disadvantages for each sector
Weeks 2	<ul style="list-style-type: none"> • To know and understand the different types and needs of sport participants • To identify how the participants can be grouped • To analyse how these groupings can affect sport participation • To understand the physical, mental and social health benefits to sport and PA 	<ul style="list-style-type: none"> • To know and understand the 5 barriers to sport participation. • To analyse the barriers to sport participation. • To explain how the barriers to participation can impact a sports performer. 	<ul style="list-style-type: none"> • To recall the barriers to participation • To know and understand the methods to address or reduce the barriers to participation

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Weeks 3	<ul style="list-style-type: none"> To know the different types of sport clothing and equipment To examine the different types of sport clothing and equipment To analyse how specialist clothing and equipment can impact sports performance 	<ul style="list-style-type: none"> To know the different types of technology in sport To examine the different types of technology in sport To analyse how specialist technology and equipment can impact sports performance 	<ul style="list-style-type: none"> To know and understand the benefits of technology in sport. To know and understand the limitations of technology in sport. To analyse how technology and equipment can impact sport.
Weeks 4	<ul style="list-style-type: none"> To know about the responses of the cardiorespiratory system in response to the warm up. To know about the responses of the musculoskeletal system in response to the warm up. To analyse the effects of the musculoskeletal and cardiorespiratory system in response to a warm up. 	<ul style="list-style-type: none"> To know and understand why it's important to adapt a warm up To be able to create a warm up based on an individual's personal circumstances To be able to demonstrate understanding and analyse the different types of warm ups and adaptations that could occur due to personal differences 	<ul style="list-style-type: none"> To know and understand the different factors involved when delivering a warm up. To analyse how a warm up may be adapted to specific sports performers.

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Weeks 5	<ul style="list-style-type: none"> • <u>Monitored Preparation for PSA and assignments</u> 	<ul style="list-style-type: none"> • <u>Monitored Preparation for PSA and assignments</u> 	<ul style="list-style-type: none"> • <u>Monitored Preparation for PSA and assignments</u>
Weeks 6	<ul style="list-style-type: none"> • <u>PSA (Pearson Set Assignment) with reference to the scenario given (5 hours) TBC</u> 	<ul style="list-style-type: none"> • <u>PSA (Pearson Set Assignment) with reference to the scenario given (5 hours) TBC</u> 	<ul style="list-style-type: none"> • <u>PSA (Pearson Set Assignment) with reference to the scenario given (5 hours) TBC</u>

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Weeks 7	<ul style="list-style-type: none"> • <u>PSA (Pearson Set Assignment) with reference to the scenario given (5 hours) TBC</u> 	<ul style="list-style-type: none"> • <u>PSA (Pearson Set Assignment) with reference to the scenario given (5 hours) TBC</u> 	<ul style="list-style-type: none"> • <u>PSA (Pearson Set Assignment) with reference to the scenario given (5 hours) TBC</u>
Weeks 8	<ul style="list-style-type: none"> • <u>PSA (Pearson Set Assignment) with reference to the scenario given (5 hours)</u> 	<ul style="list-style-type: none"> • <u>PSA (Pearson Set Assignment) with reference to the scenario given (5 hours)</u> 	<ul style="list-style-type: none"> • <u>PSA (Pearson Set Assignment) with reference to the scenario given (5 hours)</u>