

BTEC TECH AWARD IN SPORT Learning Intentions Spring Term 2 2024-2025

	LESSON 1	LESSON 2	LESSON 3
WEEK 22 wc 24 th February	<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>Controlled Assessment (PSA) Task 1-4</u> • <u>Exam conditions</u> • <u>Task 3 – presentation task – Laptop required</u>
WEEK 23 wc 3 rd March	<ul style="list-style-type: none"> • To know about the physical components of fitness. • To understand the physical components of fitness. • To be able to apply and analyse the physical components of fitness in relation to sporting examples. To be able to identify the different components of fitness from key definitions. 	<ul style="list-style-type: none"> • To be able to apply the physical components of fitness to different sporting examples. Being able to give specific practical examples linking with the 6 components of physical fitness. 	<ul style="list-style-type: none"> • <u>Controlled Assessment (PSA) Task 1-4</u> • <u>Exam conditions</u> • <u>Task 1 - Components of Fitness</u>
WEEK 24 wc 10 th March	<ul style="list-style-type: none"> • To know about the 5 different skill related components of fitness. • To understand the skill related components of fitness. • To be able to apply and analyse the skill related components of fitness in relation to sporting examples. • To be able to identify the different components of fitness from key definitions. 	<ul style="list-style-type: none"> • To be able to identify the different skill related and physical related components of fitness. • To be able to give specific practical examples linking with the 5 components of skill related fitness. • To explain and analyse the different skill related components of fitness in relation to practical sporting examples to achieve optimal sports performance. • To complete several exam questions including a 6/8 mark exam question on the physical components of fitness. 	<ul style="list-style-type: none"> • <u>Controlled Assessment (PSA) Task 1-4</u> • <u>Exam conditions</u> <u>Task 2 - Participating in Sport</u> <u>Task 3 – Officiating in Sport</u>

WEEK 25 wc 17 th March	<ul style="list-style-type: none"> To know the SPOR principle of training and the FITT principle of training to optimise performance levels in athletes. To describe and understand the SPOR principle and describe how the FITT principle can be used to optimise training. To apply and analyse SPOR and FITT to a training programme and its links to optimising training programmes. 	<ul style="list-style-type: none"> To recall the 4 components of the FITT (Basic) principles of training and apply to sporting examples. To know and understand the remaining additional principles of training. To be able to identify the principles of training through key definitions. To apply knowledge of both basic and additional principles of training to a variety of sporting examples. 	<ul style="list-style-type: none"> <u>Controlled Assessment (PSA) Task 1-4</u> <u>Exam conditions</u> <u>Task 4 – Session Plan</u>
WEEK 26 wc 24 th March	<ul style="list-style-type: none"> Internal HF assessment on key topics 	<ul style="list-style-type: none"> <u>Controlled Assessment (PSA) Task 1-4</u> <u>Exam conditions</u> <u>Task 4 – Session</u> 	<ul style="list-style-type: none"> <u>Controlled Assessment (PSA) Task 1-4</u> <u>Exam conditions</u> <u>Task 4 – Session</u>
WEEK 27 wc 31 st March	<ul style="list-style-type: none"> Feedback and Green pen corrections following internal HF assessments 	<ul style="list-style-type: none"> <u>Controlled Assessment (PSA) Task 1-4</u> <u>Exam conditions</u> <u>Task 4 – Session</u> 	<ul style="list-style-type: none"> <u>Controlled Assessment (PSA) Task 1-4</u> <u>Exam conditions</u> <u>Task 4 – Session</u>

Component 2 (4 hours)

- Task 1 – Components of Fitness**

Written response on paper

- Task 2 – Practical task (Badminton - Video footage)**

- Task 3 – Officials and rules and regulations**

- Presentation on laptop - exam logins needed - access to the internet if necessary**

- Task 4: Improve performance of participants – Written on paper and practical delivery (Video footage)**