

STMLC	Year Group 10
Subject	Sports BTEC
Autumn Term 1	<p>Unit 2 – Practical Sports performance</p> <ul style="list-style-type: none"> Understand the rules, regulations and scoring systems for two sports (1 individual and 1 team sport) <p>(Written presentation + Practical)</p>
Autumn Term 2	<p>Unit 2 – Practical Sports Performance</p> <ul style="list-style-type: none"> Demonstrate Skills, techniques and tactics in two selected sports (Video Blog) Technical and tactical demands of two sports (written coursework + Practical)
Spring Term 3	<p>Unit 2 – Practical Sports Performance</p> <ul style="list-style-type: none"> Review and analyse your sports performance in two selected sports <p>(written coursework + Practical)</p>
Spring Term 4	<p>Unit 1 – Fitness for Sport Exercise – External Exam</p> <ul style="list-style-type: none"> <i>Components of Fitness</i> <ul style="list-style-type: none"> Physical Components of Fitness Skill related – Components of Fitness <i>Determining Exercise Intensity</i> <ul style="list-style-type: none"> Measuring heart rate (Know the two places, Carotid artery and Radial artery?) How do I work out Maximum Heart rate? How do I calculate heart rate training zones? Upper and Lower thresholds 60%-85% RPE Scale (Rate of Perceived Exertion) What is the relationship between RPE and HR? <i>Principles of Training</i> <ul style="list-style-type: none"> What are the basic Principles of Training (F.I.T.T) What are the additional Principles of Training (There are 7) Do I know how to apply the principles of training to a training programme?
Summer Term 5	<p>Unit 1 – Fitness for Sport Exercise</p> <p><i>Methods of Training</i></p> <p><i>Flexibility Training</i></p> <ul style="list-style-type: none"> Do I know the 3 types of Flexibility Training? Static can be active or passive; Ballistic; PNF (Proprioceptive Neuromuscular Facilitation) What are the advantages and disadvantages of this type of training? <p><i>Strength, Muscular Endurance and Power Training</i></p> <ul style="list-style-type: none"> Do I know the 3 types of training to improve these components? Circuit training = Muscular Endurance/Strength/Power Free Weights = Muscular Strength/Muscular Endurance Plyometrics = Power Do I know how these methods of training work? What are the advantages and disadvantages of these types of training?



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	<p><i>Aerobic Endurance Training</i></p> <ul style="list-style-type: none"> • Do I know the 3 types of training to improve Aerobic Endurance? • Continuous Training – Long, slow, steady distance training (at least 30mins) • Fartlek Training – Variation of intensity and speed • Interval Training – Work periods with rest of recover periods (30secs to 5mins); 60% of Vo2 max • What are the advantages and disadvantages of these types of training?
Summer Term 6	<p>Unit 1 – Fitness for Sport Exercise</p> <p><i>Speed Training</i></p> <ul style="list-style-type: none"> • Do I know the 3 types of training to improve Speed Training? • Hollow Sprints – Series of Sprints separated by a "hollow" period of jogging or walking. • Acceleration Sprints – Pace is gradually increased from standing or rolling start, to jogging then to sprinting. • What are the advantages and disadvantages of these types of training? <p><i>Interval training</i></p> <ul style="list-style-type: none"> • Interval Training – Work periods with rest of recover periods. For speed training, the work intervals are shorter and more intense. The individual works close to their maximum level of effort. • What are the advantages and disadvantages of these types of training? <p>Fitness Testing</p> <ul style="list-style-type: none"> • Why is it important to carry out Fitness Tests? (Baseline data; Provides a starting point; allows you to set clear goals and targets. • Pre-test procedures (Gaining informed consent; Calibration of equipment) • Accurate measurement and recording of results • Do I know the difference between Reliability, Validity and Practicality? • Do I know all the Fitness Tests; their components of fitness, the method of the tests and Unit of measurement.

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