

Year 10 BTEC Sport



	Cycle 1	Cycle 2	Cycle 3
Key concepts	UNIT 5: THE SPORTS PERFORMER IN ACTION	UNIT 5: THE SPORTS PERFORMER IN ACTION	UNIT 2: PRACTICAL PERFORMANCE IN SPORT
Practical (Procedural Knowledge)	Skills, techniques and tactics within: Volleyball Table tennis Badminton	Skills, techniques and tactics within: Volleyball Table tennis Badminton	Skills, techniques and tactics within: Rounders Badminton Fitness
Theory (Substantive/ Declarative Knowledge)	To know about the short-term responses and long-term adaptations of the body systems to exercise	know about the different energy systems used during sports performance	Understand the rules, regulations and scoring systems for selected sports
Hinterland Knowledge (Cultural capital)	Sports etiquette Unwritten rules of the sports Local and national links to tournaments and media coverage of the sports.	Sports etiquette Unwritten rules of the sports Local and national links to tournaments and media coverage of the sports.	Sports etiquette Unwritten rules of the sports Local and national links to tournaments and media coverage of the sports.
Disciplinary Knowledge (how did we get the information)	Knowledge of how the body responds to exercise by measuring heart rates and using the Borg scale.	Discussion regarding science lab tests to perform at maximal levels and the importance of understanding how the different energy systems affect our performance	Talking about why we have rules and how technology has had positive or negative impact on sports
Assessment approach	Assignment based work which will include: 1x information sheet 1x PowerPoint presentation 2x video footage of sport chosen	Assignment based work which will include: 1x information sheet with compare contrast table	Assignment based work which will include: 1x PowerPoint 1x video footage of refereeing.
Homework	Informed by knowledge organiser (KO)- revision of key terms. Focus on content of week in cycle which links to KO weeks.	Informed by knowledge organiser (KO)- revision of key terms. Focus on content of week in cycle which links to KO weeks.	Informed by knowledge organiser (KO)- revision of key terms. Focus on content of week in cycle which links to KO weeks.

