



Years 10 & 11 Curriculum

Level 1/2: Sport



Year 10	Autumn 1		Autumn 2		Spring 1 (Window Open Component 1)	
	Component 1	Component 3 Examination	Component 1	Practical	Component 1	Practical
Topic	Component 1: Learning Outcome A		Component 1: Learning Outcome B		Component 1: Learning Outcome C	
Key Concepts	<ul style="list-style-type: none"> Exploring types of provision Types of participants Barriers Solutions 	<ul style="list-style-type: none"> Reasons and limitations of fitness testing Fitness Testing Data 	<ul style="list-style-type: none"> Different types of clothing and equipment Benefits of technology on performance Limitations of technology 	<ul style="list-style-type: none"> Delivering a warm-up. 	<ul style="list-style-type: none"> Provision in Sport 	<ul style="list-style-type: none"> Delivering a warm-up

Year 10	Spring 2			Summer 1			Summer 2	
	Component 2		Component 3 Examination	Component 2	Component 3 Examination	Practical	Component 2	Practical
Topic	Component 1: Learning Outcome A	Component 2: Learning Outcome B	Component 3: Examination	Component 2: Learning Outcome C	Component 3: Examination	Component 2: Learning Outcome C	Component 2: Learning Outcome C	Component 2: Learning Outcome C
Key Concepts	<ul style="list-style-type: none"> Components of Fitness applied to Sport 	<ul style="list-style-type: none"> Understanding the roles and responsibilities in Sport 	<ul style="list-style-type: none"> Components of Fitness Fitness Training Principles: FITT and additional 	<ul style="list-style-type: none"> Demonstrate ways to improve a performers technique 	<ul style="list-style-type: none"> Exercise Intensity: BORG Scale Calculating MHR and training zones Workload intensities 	<ul style="list-style-type: none"> Pupils led through types of drills and delivery. Pupils choose 2 sports and 2 skills. 	<ul style="list-style-type: none"> Demonstrate ways to improve a performers technique 	<ul style="list-style-type: none"> Pupils choose 2 sports and 2 skills.



Years 10 & 11 Curriculum *(continued)*

Level 1/2: Sport



Year 11	Autumn 1 (Window Open Component 2)			Autumn 2			Spring 1		
	Component 2	Component 2	Component 2	Component 3	Component 3	Component 3	Component 3	Component 3	Component 3
Topic	PSA: Set Assignment Component of Fitness	PSA: Set Assignment Roles and Responsibilities	PSA: Set Assignment Delivery of a practical session as the coach	A	B	C			D
Key Concepts	<ul style="list-style-type: none"> Apply components of fitness to sporting examples 	<ul style="list-style-type: none"> How sport is performed and officiated 	<ul style="list-style-type: none"> Lead and run a session for a chosen sport 	<ul style="list-style-type: none"> Components of Fitness Fitness Testing Data Link to COF 	<ul style="list-style-type: none"> Training Principles Intensities Warm Up and Cool Down 	<ul style="list-style-type: none"> Types of Training Long-term effects of exercise 	<ul style="list-style-type: none"> Types of Training Long-term effects of exercise 	<ul style="list-style-type: none"> Types of Training Long-term effects of exercise 	<ul style="list-style-type: none"> Motivation Goal Setting

Year 11	Spring 2			Summer 1 (Examination)			Summer 2		
	Component 3	Component 3	Component 3						
Topic	D	D	ABCD						
Key Concepts	<ul style="list-style-type: none"> Motivation Goal Setting 	<ul style="list-style-type: none"> Motivation Goal Setting 	<ul style="list-style-type: none"> Revision of All Component 3 areas 						