



Years 10 & 11 Curriculum

Level 1/2: Sport



Year 10	Component 1
Topic	Preparing Participants to Take Part in Sport & Physical Activity
Key Concepts	<ul style="list-style-type: none">• Explore types and provision of sport and physical activity for different types of participants• Examine equipment and technology required for participants to use when taking part in sport and physical activity• Be able to prepare participants to take part in sport and physical activity.

Component 2
Taking Part and Improving Other Participants Sporting Performance
<ul style="list-style-type: none">• Understand how different components of fitness are used in different physical activities.• Be able to participate in sport and understand the roles and responsibilities of officials.• Demonstrate ways to improve participants sporting techniques.

Year 11	Component 2 <i>(continued)</i>
Topic	Taking Part and Improving Other Participants Sporting Performance
Key Concepts	<ul style="list-style-type: none">• Understand how different components of fitness are used in different physical activities.• Be able to participate in sport and understand the roles and responsibilities of officials.• Demonstrate ways to improve participants sporting techniques.

Component 3
Developing Fitness to Improve Other Participants Performance in Sport & Physical Activity
<ul style="list-style-type: none">• Demonstrate knowledge, understanding and apply facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise• Make connections with concepts, facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise.