




	Year: 10	Subject: BTEC Sport	LOA - Explore types and provision of sport and physical activity for different types of participant	LOB - Examine equipment and technology required for participants to use when taking part in sport and physical activity	LOC - Be able to prepare participants to take part in sport and physical activity			
<b>Intent</b>	<b>Subject Concepts (Substantive knowledge)</b>  	Component 1 – Preparing participants to take part in sport and physical activity.	<b>A1 - Types and providers of sport and physical activities</b>	Prior Knowledge: <ul style="list-style-type: none"> <li>•</li> </ul> Takeaway Learning: <ul style="list-style-type: none"> <li>• Types of sport and physical activity</li> <li>• Benefits of taking part in sport</li> <li>• Outdoor activities</li> <li>• Benefits of taking part in outdoor activities</li> <li>• Physical fitness activities</li> <li>• Benefits of taking part in physical activities</li> <li>• Provision of sport and physical activity</li> <li>• Characteristics of the sectors               <ul style="list-style-type: none"> <li>• Advantages and disadvantages of the provision of sport in each of the different sector</li> </ul> </li> </ul>	<b>B1 Different types of sports clothing and equipment required for participation in sport and physical activity</b>	Prior Knowledge: <ul style="list-style-type: none"> <li>•</li> </ul> Takeaway Knowledge:  Learners will need to understand the different types of sports clothing and equipment and their uses for participation in different types of sports and physical activities. <ul style="list-style-type: none"> <li>• Clothing</li> <li>• Footwear</li> <li>• Sport specific equipment</li> <li>• Protection and safety equipment</li> <li>• Equipment for people with disabilities or assistive technology</li> <li>• Facilities</li> <li>• Officiating equipment</li> <li>• Performance analysis</li> </ul>	<b>C1 Planning a warm-up</b>	Prior Knowledge: <ul style="list-style-type: none"> <li>•</li> </ul> Takeaway Learning: Learners will know about the types of activities that should be included in a pulse raiser, a mobiliser and preparation stretch and be able to plan a warm-up to cover each component. They will also understand how the cardiorespiratory and musculoskeletal systems respond to each component of a warm-up. <ul style="list-style-type: none"> <li>• Types of activities in the pulse raiser</li> <li>• Response of the cardiorespiratory system to the pulse raiser</li> <li>• Response of the musculoskeletal system</li> <li>• Types of activities in the mobiliser</li> <li>• Response of the cardiorespiratory system to the mobiliser</li> <li>• Response of the musculoskeletal system to the mobiliser</li> <li>• Types of activities in preparation stretch</li> <li>• Response of the cardiorespiratory system to the preparation stretch</li> <li>• Response of the musculoskeletal system to the preparation stretch</li> </ul>
			<b>A2 - Types and needs of sport and physical activity participants</b>	Prior Knowledge: <ul style="list-style-type: none"> <li>•</li> </ul> Takeaway Learning: <ul style="list-style-type: none"> <li>• Types of participants.</li> <li>• Participants of different ages:               <ul style="list-style-type: none"> <li>primary school aged children (aged 5–11 years)</li> <li>adolescents (aged 12–17 years)</li> <li>adults (aged 18–49 years)</li> <li>older adults (aged 50 years and up).</li> </ul> </li> <li>• Participants with disabilities to include visual, hearing and physical disabilities.</li> <li>• Participants with long-term health conditions to include asthma, type 2 diabetes,</li> <li>• high blood pressure, coronary heart disease (CHD).</li> <li>• Physical activity needs of participants – government</li> </ul>	<b>B2 Different types of technology and their benefits to improve sport and physical activity participation and performance</b>	Prior Knowledge: <ul style="list-style-type: none"> <li>•</li> </ul> Takeaway Learning: Learners will explore a range of different types of technology and its use in sport and physical activity to improve performance and participant experience. <ul style="list-style-type: none"> <li>• Clothing to increase performance and experience</li> <li>• Sport specific equipment</li> <li>• Protection and safety equipment</li> <li>• Equipment for people with disabilities and assistive technology</li> <li>• Facilities</li> <li>• Officiating</li> <li>• Performance analysis</li> </ul>	<b>C2 Adapting a warm-up for different categories of participants and different types of physical activities</b>	Prior Knowledge: <ul style="list-style-type: none"> <li>•</li> </ul> Takeaway Learning: Learners will know how to adapt warm-up activities to make them appropriate for the needs of different types of participant and how to make the activities in a warm-up specific to different types of physical activity. <ul style="list-style-type: none"> <li>• Adapting warm up for different categories of participants</li> <li>• Adapting warm up to make it specific to a physical activity</li> </ul>

				<ul style="list-style-type: none"> <li>recommended guidelines</li> <li>for types, frequency and intensity of physical activity for different types of participant.</li> </ul>				
			A3 - Barriers to participation in sport and physical activity for different types of participant	<ul style="list-style-type: none"> <li>Prior Knowledge:</li> </ul>	B3 The limitations of using technology in sport and physical activity	<ul style="list-style-type: none"> <li>Takeaway Learning:</li> </ul>	C3 Delivering a warm-up to prepare participants for physical activity	<ul style="list-style-type: none"> <li>Prior Knowledge:</li> </ul>
		•		<ul style="list-style-type: none"> <li>Takeaway Learning:</li> <li>Barriers to participation</li> <li>Cost of participation</li> <li>Access to sport or physical activity</li> <li>Time</li> <li>Personal barriers</li> <li>Cultural barriers</li> </ul>		<ul style="list-style-type: none"> <li>Prior Knowledge:</li> </ul>	<ul style="list-style-type: none"> <li>Takeaway Learning:</li> <li>Learners will need to develop an understanding of the limitations that technology can have for sport and physical activity participation.</li> <li>Time</li> <li>Access to technology</li> <li>Cost of technology</li> <li>Accuracy of data provided by equipment</li> <li>Usability – specific training required</li> </ul>	<ul style="list-style-type: none"> <li>Takeaway Learning:</li> <li>Learners will be able to deliver the different component of a warm-up to prepare participants to take part in physical activity.</li> <li>Organisation and demonstration of the warm-up activities</li> <li>Supporting participants as they take part in the warm-up</li> </ul>
		•	A4 - Methods to address barriers to participation in sport and physical activity for different types of participant	<ul style="list-style-type: none"> <li>Prior Knowledge</li> </ul>				
	<b>Disciplinary Knowledge</b>		•		•		•	
<b>Implementation</b>	<b>Common Misconceptions</b>		•		•		•	
	<b>Enabling or Adapting the Curriculum</b>	SEND Students	•		•		•	
		Disadvantaged Students	•		•		•	
		More Able Students	•		•		•	
	<b>Literacy/Numeracy Skills</b> 	LITERACY	•		•		•	
		Reading:	•		•		•	
		Writing:	•		•		•	
		Oracy:	•		•		•	
	NUMERACY	•		•		•		
<b>Digital Strategy</b> 		•		•		•		
<b>Home Learning</b>		•		•		•		
<b>Impact</b>	<b>Composite Assessment</b>		Date:	Content:	Date:	Content:	Date:	Content:

