

Key Stage 4 - Tech Award in Sport Programme of Study

| Year Group | Term 1 | Term 2 | Term 3 | Term 4 | Term 5 | Term 6 |
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| 10 | <p>Topic/Enquiry: Component 1: Preparing Participants to Take Part in Sport and Physical Activity Learning outcome A: Explore types and provision of sport and physical activity for different types of participant.</p> <p>Key knowledge: Types and providers of sport and physical activities, Types and needs of sport and physical activity participants, Barriers to participation in sport and physical activity for different types of participant, Methods to address barriers to participation in sport and physical activity for different types of participant.</p> <p>Assessment: End of topic tests, homework tasks, exam style questions.</p> <p>Values: commitment, respect, teamwork, safety, trust</p> | <p>Topic/Enquiry: Component 1: Preparing Participants to Take Part in Sport and Physical Activity Learning outcome B: Examine equipment and technology required for participants to use when taking part in sport and physical activity.</p> <p>Key knowledge: Different types of sports clothing and equipment required for participation in sport and physical activity, Different types of technology and their benefits to improve sport and physical activity participation and performance, The limitations of using technology in sport and physical activity.</p> <p>Component 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity. A - Explore the importance of fitness for sports performance</p> <p>Key knowledge: The importance of fitness for successful participation in sport, Fitness training principles, Exercise intensity and how it can be determined.</p> | <p>Topic/Enquiry: Component 1: Preparing Participants to Take Part in Sport and Physical Activity Learning outcome C: Be able to prepare participants to take part in physical activity</p> <p>Key knowledge: Planning a warm-up, Adapting a warm-up for different categories of participants and different types of physical activities, Delivering a warm-up to prepare participants for physical activity.</p> <p>Topic/Enquiry: Component 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity. B - Investigate fitness testing to determine fitness levels.</p> <p>Key knowledge: Importance of fitness testing and requirements for administration of each fitness test, Fitness test methods for components of physical fitness, Fitness test methods for components of skill-related fitness, Interpretation of fitness test results.</p> <p>Assessment: Internally assessed and externally moderated</p> | <p>Topic/Enquiry: Component 2: Taking Part and Improving Other Participants Sporting Performance Learning outcome A: Understand how different components of fitness are used in different physical activities.</p> <p>Key knowledge: Components of physical fitness, Components of skill-related fitness</p> <p>Component 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity. C - Investigate different fitness training methods.</p> <p>Key knowledge: Requirements for each of the following fitness training methods, Fitness training methods for physical components of fitness, Fitness training methods for skill-related components of fitness, Additional requirements for each of the fitness training methods, Provision for taking part in fitness training methods, The effects of long-term fitness training on the body systems.</p> | <p>Topic/Enquiry: Component 2: Taking Part and Improving Other Participants Sporting Performance Learning outcome B: Be able to participate in sport and understand the roles and responsibilities of officials.</p> <p>Key knowledge: Techniques, strategies and fitness required for different sports, Officials in sport, Rules and regulations in sports.</p> <p>Component 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity. D Investigate fitness programming to improve fitness and sports performance</p> <p>Key knowledge: Personal information to aid training fitness programme design, Fitness programme design, Motivational techniques for fitness programming.</p> <p>Assessment: End of topic tests, homework tasks, exam style questions.</p> | <p>Topic/Enquiry: Component 2: Taking Part and Improving Other Participants Sporting Performance Learning outcome C: Demonstrate ways to improve participants sporting techniques.</p> <p>Key knowledge: Planning drills and conditioned practices to develop participants' sporting skills, Drills to improve sporting performance.</p> <p>Component 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity. D Investigate fitness programming to improve fitness and sports performance</p> <p>Key knowledge: Personal information to aid training fitness programme design, Fitness programme design, Motivational techniques for fitness programming.</p> <p>Assessment: End of topic tests, homework tasks, exam style questions.</p> |

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| | | <p>Assessment: End of topic tests, homework tasks, exam style questions.</p> <p>Values: Integrity, commitment, respect, teamwork, safety, trust</p> | <p>assignment brief for Component 1.</p> <p>Values: Integrity, commitment, respect, teamwork, safety, trust</p> | <p>Assessment: End of topic tests, homework tasks, exam style questions.</p> <p>Values: Integrity, commitment, respect, teamwork, safety, trust</p> | <p>Values: Integrity, commitment, respect, teamwork, safety, trust</p> | <p>Planning drills and conditioned practices to develop participants' sporting skills, Drills to improve sporting performance.</p> <p>Values: Integrity, commitment, respect, teamwork, safety, trust</p> |
| 11 | <p>Topic/Enquiry: Component 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity. A - Explore the importance of fitness for sports performance</p> <p>Key knowledge: The importance of fitness for successful participation in sport, Fitness training principles, Exercise intensity and how it can be determined.</p> <p>Assessment: Weekly internal assessments using past paper questions in preparation for the externally marked exam.</p> <p>Values: commitment, respect, teamwork, safety, trust</p> | <p>Topic/Enquiry: Component 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity. B - Investigate fitness testing to determine fitness levels.</p> <p>Key knowledge: Importance of fitness testing and requirements for administration of each fitness test, Fitness test methods for components of physical fitness, Fitness test methods for components of skill-related fitness, Interpretation of fitness test results.</p> <p>Assessment: Weekly internal assessments using past paper questions in preparation for the externally marked exam. Internally assessed and externally moderated assignment brief for Component 2.</p> <p>Values: commitment, respect, teamwork, safety, trust</p> | <p>Topic/Enquiry: Component 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity. C - Investigate different fitness training methods.</p> <p>Key knowledge: Requirements for each of the following fitness training methods, Fitness training methods for physical components of fitness, Fitness training methods for skill-related components of fitness, Additional requirements for each of the fitness training methods, Provision for taking part in fitness training methods, The effects of long-term fitness training on the body systems.</p> <p>Assessment: Weekly internal assessments using past paper questions in preparation for the externally marked exam.</p> <p>Values: commitment, respect, teamwork, safety, trust</p> | <p>Topic/Enquiry: Component 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity. D Investigate fitness programming to improve fitness and sports performance</p> <p>Key knowledge: Personal information to aid training fitness programme design, Fitness programme design, Motivational techniques for fitness programming.</p> <p>Assessment: Externally marked exam for Component 3.</p> <p>Values: commitment, respect, teamwork, safety, trust</p> | <p>Topic/Enquiry: Component 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity.</p> <p>Key knowledge: Re-visiting and revision for those learners requiring a re-sit external assessment.</p> <p>Assessment: Externally marked exam for Component 3.</p> <p>Values: commitment, respect, teamwork, safety, trust</p> | |

