

Your child will ...

Year 11

<p>Year 11</p> <p>Autumn Term</p> <p>September - October</p>	<p>Continuation from Year 10</p> <p>Unit 2: Practical Performance in Sport</p> <p>This unit focuses on developing and improving own practical sports performance. This is achieved through active participation in practical activities and reflection on own performance and that of other sports performers.</p> <p>Learning aims:</p> <p>A understand the rules, regulations and scoring systems for selected sports (Completed in Year 10)</p> <p>B practically demonstrate skills, techniques and tactics in selected sports (Started in Year 10)</p> <p>C be able to review sports performance</p>
<p>Autumn Term - Spring Term</p> <p>October - January</p>	<p>Unit 3: Applying the Principles of Personal Training</p> <p>This unit is all about the individual performer, training to improve and enhance personal fitness for one activity/sport participated in for Unit 2: Practical Performance in Sport. Students must select one component of fitness and one method of training that is most appropriate, beneficial and engaging to improve the fitness for their chosen activity/sport. This may mean training with a group of friends in a local park, or using a personal fitness training programme at a local sports club or leisure centre. Whatever the setting, the design of the training programme must be tailored to meet the students personal training goals, aspirations and needs.</p> <p>Learning aims</p> <p>A design a personal fitness training programme</p> <p>B know about the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training</p> <p>C implement a self-designed personal fitness training programme to achieve own goals and objectives</p> <p>D review a personal fitness training programme.</p>

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Spring - Summer term**Unit 6: Leading Sports Activities**

This unit introduces students to sports leadership, enabling them to start on the ladder of leadership and coaching, through delivering components of sports sessions and whole activity sessions. Students will be introduced to the basics of sports leadership and then will be required to plan, deliver and evaluate their own ability to lead a sports activity session or component of a session.

Learning aims:

A know the attributes associated with successful sports leadership

B undertake the planning and leading of sports activities

C review the planning and leading of sports activities.

Autumn Term 2

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Year 10

<p>Year 10</p> <p>Autumn Term</p> <p>September - December</p>	<p>Component 2: Taking Part and Improving Other Participants Sporting Performance</p> <p>Learners will investigate the components of fitness and their effect on performance, take part in practical sport, explore the role of officials in sport and learn to apply methods and sporting drills to improve other participants' sporting performance.</p> <p>Learning outcomes</p> <p>A Understand how different components of fitness are used in different physical activities</p> <p>B Be able to participate in sport and understand the roles and responsibilities of officials</p> <p>C Demonstrate ways to improve participants sporting techniques.</p> <p>Coursework assessed</p>
<p>Spring Term - Summer Term</p>	<p>Component 1: Preparing Participants to Take Part in Sport and Physical Activity</p> <p>Learners will explore the different types and provision of sport and physical activity available for different types of participants, barriers to participation and ways to overcome these barriers to increase participation in sport and physical activity. They will also research equipment and technological advances in a chosen sport or physical activity and how to prepare our bodies for participation in sport and physical activity.</p> <p>Learning outcomes</p> <p>A Explore types and provision of sport and physical activity for different types of participant</p> <p>B Examine equipment and technology required for participants to use when taking part in sport and physical activity</p> <p>C Be able to prepare participants to take part in sport and physical activity.</p> <p>Coursework assessed</p>

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Component 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity (EXAM)**Autumn Term
- Spring Term**

Learners will be introduced to and develop an understanding of the importance of fitness and the different types of fitness for performance in sport and physical activity. They will also develop an understanding of the body and fitness testing.

Assessment objectives

AO1 Demonstrate knowledge of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise

AO2 Demonstrate an understanding of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise

AO3 Apply an understanding of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise

AO4 Make connections with concepts, facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise

Exam assessed