

Curriculum Area: Year 10 PE

2017/2018

Topics	Year Curriculum	How you can support learning at home, eg. books, websites, family learning through visits
Students will know about the components of fitness and the principles of training.	AP1	Sheffield Springs Academy deliver the following units of the attached specification – 1, 2, 5 and 6. A link to the specification is below: BTEC Sport Specification
Students will know about the components of fitness and the principles of training and will be able to explore different fitness training methods.	AP2	Sheffield Springs Academy deliver the following units of the attached specification – 1, 2, 5 and 6. A link to the specification is below: BTEC Sport Specification



<p>Students will know about the components of fitness and the principles of training. They will explore different fitness training methods and investigate fitness testing to determine fitness levels.</p>	<p>AP3</p>	<p>Sheffield Springs Academy deliver the following units of the attached specification – 1, 2, 5 and 6.</p> <p>A link to the specification is below:</p> <p>BTEC Sport Specification</p>
<p>Students will be able to describe the rules, regulations and scoring systems of two selected sports and apply the rules of a selected sport in four specific situations. They will be able to describe the roles and responsibilities of officials from two selected sports. Students will be able to explain, for each of the two selected sports, the role and responsibilities of officials and the application of rules, regulations and scoring systems. They will be able to compare and contrast the roles and responsibilities of officials from two selected sports, suggesting valid recommendations for improvement to the application of rules, regulations and scoring systems for each sport.</p>	<p>AP4</p>	<p>Sheffield Springs Academy deliver the following units of the attached specification – 1, 2, 5 and 6.</p> <p>A link to the specification is below:</p> <p>BTEC Sport Specification</p>
<p>Students will be able to describe the rules, regulations and scoring systems of two selected sports and apply the rules of a selected sport in four specific situations. They will be able to describe the roles and responsibilities of officials from two selected sports and describe the technical and tactical demands of two selected sports.</p> <p>Students will be able to use relevant skills, techniques and tactics effectively, in two selected sports, in conditioned practices. They will be able to explain, for each of two selected sports, the role and responsibilities of officials and the application of rules, regulations and scoring systems. They will be able to use relevant skills, techniques and tactics effectively, in two selected sports, in competitive situations and compare and contrast the roles and responsibilities of officials from two selected sports, suggesting</p>	<p>AP5</p>	<p>Sheffield Springs Academy deliver the following units of the attached specification – 1, 2, 5 and 6.</p> <p>A link to the specification is below:</p> <p>BTEC Sport Specification</p>

<p>valid recommendations for improvement to the application of rules, regulations and scoring systems for each sport.</p>		
<p>Students should be able to describe the rules, regulations and scoring systems of two selected sports and apply the rules of a selected sport in four specific situations. They will be able to describe the roles and responsibilities of officials from two selected sports and describe the technical and tactical demands of two selected sports. They will be able to use relevant skills, techniques and tactics effectively, in two selected sports, in conditioned practices and independently produce an observation checklist that can be used effectively to review own performance in two selected sports.</p> <p>Students will be able to review own performance in two selected sports, describing strengths and areas for improvement. For each of two selected sports, they will be able to explain the role and responsibilities of officials and the application of rules, regulations and scoring systems. They will be able to use relevant skills, techniques and tactics effectively, in two selected sports, in competitive situations and explain strengths and areas for improvement, recommending activities to improve own performance.</p> <p>Students will be able to compare and contrast the roles and responsibilities of officials from two selected sports, suggesting valid recommendations for improvement to the application of rules, regulations and scoring systems for each sport. They will be able to analyse strengths and areas for improvement in two selected sports, justifying recommended activities to improve own performance.</p>	<p>AP6</p>	<p>Sheffield Springs Academy deliver the following units of the attached specification – 1, 2, 5 and 6.</p> <p>A link to the specification is below:</p> <p>BTEC Sport Specification</p>