

Year 10 PE– Unit 1 and 5: Theory

LITERACY/NUMERACY: Essentially, we are preparing students for Controlled assessment (Unit 5) and a theory exam (Unit 1) later in the year. As such, students should always be focussed on the language they use to access the desired marks, and the mathematical skills required to complete some of the calculations.



PROJECT OVERVIEW

Using the Sports Hall and Gym facilities to prepare students to undertake a Personal Exercise Plan of their design.

FINAL PRODUCT / ASSESSMENT

Final assessment of coursework at Christmas involves the planning, participating, and evaluation of a 6 week Personal Exercise Plan

FEEDBACK

Q&A as we work through the topic.

Self marking (Purple pens) and time to develop work based on marking– Think pink go green.

At the end of the first half term, all BTEC students should receive communication home which will identify how well they have started the course, and areas of improvement.

HOMEWORK

Homework will be given out and collected in within the theory lessons. Students having been absent from a theory lesson should be expected to submit their homework in the next possible lesson (whether this be practical or theory).

See the homework menu for details.

PLC: EVALUATION(Personal Learning Checklist)

1	I can list the components of physical fitness.
	I have attempted exam questions with some success.
	I ask questions and contribute to the depth of theory covered in lesson.
2	I can relate my two sports to the components of physical fitness.
	I am gaining more confidence in accessing exam questions independently.
3	I ask questions or contribute productively to in class discussions.
	I have attempted all spellings and made necessary corrections
	I understand calculating speed in metres per second
4	My file is up to date.
	I can identify most of the components of skill related fitness by definition.
	I can provide a definition, when asked, about each component of fitness.
5	I am beginning to understand how to structure model answers for BTEC Sport
	I Can work independently and attempt to answer all questions on the components of skill related fitness.
	I can use data to identify my stronger and weaker components of fitness.
	I have ideas of how I could improve the weaker ones over time.

SMSC & BRITISH VALUES

Understanding the concept of fitness in greater depth: Being able to analyse ones own fitness and identify strengths and areas in need of improvement.

PAC VALUES

Success
Work Ethic
Initiative

WIDER READING / SUPPORT

- L Drive: PE> BTEC Sport> Unit 5. Also Unit 1>Practice Papers
- Pearson. Revise BTEC Sport Workbook
- CGP. BTEC First Sport. Study and Exam Practice.

WK	CONTENT	OBJECTIVE
1	Physical Fitness Powerpoint– Expectations CGP Study and Exam Practice Book P5-9	<ol style="list-style-type: none"> 1. To introduce students to the human body. 2. To learn the 5 Components of Physical Fitness. 3. To attempt short exam style questions on the principles of physical fitness.
2	Physical fitness Re-Cap Powerpoint (definitions of physical fitness) Linking components of fitness to sports performers.. Pearson. Revise BTEC Sport Workbook P1-5	<ol style="list-style-type: none"> 1. To re-cap on the definitions of the components of physical fitness. 2. To begin to understand that some sports rely on certain components of fitness more than others.
		<ol style="list-style-type: none"> 1. To develop literacy for

WK	CONTENT	OBJECTIVE
4	Components of Skill Related Fitness CGP Study and Exam Practice Book P10-15 Powerpoint: The components of Skill Related Fitness.	<ol style="list-style-type: none"> 1. To develop depth of knowledge on the Components of Skill Related Fitness.
5	2nd lesson on components of skill related fitness Pearson. Revise BTEC Sport Workbook P6-10– Many of these will have been done for homework– mark/ discuss as a class. Student opportunity to compare their fitness test scores from practical to normative data.	<ol style="list-style-type: none"> 1. To develop depth of knowledge on the Components of Skill Related Fitness. 2. To process data from Unit 5 Fitness Tests (practical;) for coursework.
6	End of unit exam on components of fitness & The importance of fitness components for success in sport. BMI/BIA/ Skinfold Callipers	<ol style="list-style-type: none"> 1. Summative evaluation of learning from both components of fitness and fitness testing.