

# SMITH'S WOOD LEARNING JOURNEY

## BTEC sport

Year 10

A2: Components of skill-related fitness

Balance

Agility

Body Composition

Power

Reaction time

Co-ordination

**Component 2: Taking Part and Improving Other Participants Sporting Performance**

**Component 1 Summative Assessment (May window)**

SUMMER TERM

Flexibility

Speed

Muscular strength

Muscular endurance

Aerobic endurance

A1: Components of physical fitness

C2 Adapting a warm-up for different categories of participants and different types of physical activities

C3 Delivering a warm-up to prepare participants for physical activity

C1 Planning a warm-up

B2: Different types of technology and their benefits to improve sport and physical activity participation and performance

B1 : Different types of sports clothing and equipment required for participation in sport and physical activity

SPRING TERM

B3 :The limitations of using technology in sport and physical activity

A3: Barriers to participation in sport and physical activity for different types of participant

A4 :Methods to address barriers to participation in sport and physical activity for different types of participant

A1: Types and providers of sport and physical activities

AUTUMN TERM

A2 :Types and needs of sport and physical activity participants

**Component 1: Preparing Participants to Take Part in Sport and Physical Activity**