

Key Stage 4 Curriculum Overview

Year 10	Year 11
<p>Component 2: Taking Part and Improving Other Participants Sporting Performance 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 A Understand how different components of fitness are used in different physical activities B Be able to participate in sport and understand the roles and responsibilities of officials C Demonstrate ways to improve participants sporting techniques</p> <p>Component 1: Preparing Participants to Take Part in Sport and Physical Activity 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 A Explore types and provision of sport and physical activity for different types of participant B Examine equipment and technology required for participants to use when taking part in sport and physical activity C Be able to prepare participants to take part in sport and physical activity</p>	<p>Component 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity 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.</p> <p>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</p>