

Subject: Level 2 BTEC Sport Year 10 – Unit 1 Fitness for sport and exercise **Autumn 1**

Part	Taught Tasks	Independent/ Homework Tasks	Additional reading to support your learning	Assessed Tasks – these may be independent or in lessons	Resources
1	<p>Introduction to unit 1 Exam in December 2020</p> <p>Learning Aim A – Know about the Components of fitness, principles of training.</p> <p># Physical Component MMFABS</p> <p># Muscular endurance</p> <p>Fitness test - sit up and press up test – pros and cons</p> <p># Muscular strength</p> <p>Why is it important? Key questions.</p> <p>Types of strength</p> <ul style="list-style-type: none"> • Static strength • Explosive strength • Dynamic Strength <p>Fitness test - Grip Dynamometer Test</p>	<p>1 – What does muscular endurance mean?</p> <p>2 – Can you think of a sports event where a performer will require this? <i>Why and when?</i></p> <p>3 – What does it feel like when your muscles have worked extremely hard?</p>	<p>Revise key definitions</p> <p># muscular endurance definition</p> <p># Give a specific sporting example</p> <p># Explain why it is important</p> <p>Revise key definitions</p> <p># Static strength</p> <p># Explosive strength</p> <p>#Dynamic strength</p>	<p>2 mark questions during each lesson to link to the topic that students can answer through out the lessons and model answers supplied by teacher.</p> <p>Open discussions and visual aids</p> <p>Encouraged to use their books as a revision guide</p>	Share point
2	<p>Fitness test – hand grip dynameter advantages and disadvantages</p> <p># Flexibility</p> <p>Fitness test – Sit and reach</p> <p># Aerobic Endurance</p> <p>Fitness test – Forestry step test</p>	<p>Why might flexibility be important to ALL athletes?</p> <p>Who are the most flexible athletes?</p> <p>Why are athletes at all levels encouraged to increase their range of mobility at a joint?</p> <p>1 – Games players on average need excellent Aerobic Endurance. <i>Explain why? (2 marks)</i></p>	<p>Revise Key Definitions</p> <p># what is flexibility</p> <p># What is aerobic endurance</p>	<p>Practical lessons every 3 to 4 lessons where students can physically do the Physical COF that they are testing.</p>	Share point

		2 – What is the difference between aerobic endurance and muscular endurance? (2 marks) What does body composition mean?			
3	<p># Body composition Fitness test – skin fold calliper test # Speed Distance divided by time taken How its measured and why we use it in sport and exercise.</p> <p># Speed # Accelerative Speed (you start moving) # Pure Speed (your maximum speed) # Speed Endurance</p> <p>Test for speed – 35m Sprint test Reliability and Validity of this test Advantages and disadvantages</p>	<p>Why is speed important in sport? Find three examples of speed in any sport? e.g. 100m sprint – is the quickest person to cross the line before anyone else.</p> <p>Come up with reasons why ‘Speed’ is more important in a particular sport # You will explain and debate why speed is important, stating <u>what</u> type of speed they use, <u>when</u> they will use it and <u>why</u>. # Ensure you are able to Justify your point of view</p>	<p>How to structure your answer: P – Point identify the main answer point E – Example Provide a practical example E – Explain Give reasons and justifications</p> <p>Rank order the 10 sports that you deem ‘Speed’ to be of most importance: Boxing Volleyball Football Badminton Netball Table tennis Hockey Rugby Basketball Tennis</p> <p>Extension question: Explain which type of speed is most important to a footballer and why – 2 marks</p>	<p>Example questions Model answers</p> <p>Speed 35m sprint test.</p> <p>How did they do? Were they hindered by anything?? Open discussion or written answers.</p>	Share point
4	<p>Revision lesson on Physical Component of Fitness Mini tests at the end of the week focusing on the following: Recapping a photo board and identifying which Physical COF each athlete needs and why.</p>	<p>Revision Structuring exam questions Analysis if exam questions Model answer Create notes / flash cards where they can use these for their final exam.</p>	<p>Definitions of MMFABS – creating a revision style document for future use.</p>	<p>Mini Mock on Physical Component of fitness How to answer the long 6-8 mark questions and using notes to revise</p>	Share point

		Students encouraged to re-write work in their own words.			
5	<p>Skill related Component of fitness ABC PR A – Agility B – Balance C – Co-ordination P – Power R – reaction time</p> <p># Agility # what does it look like? # How to test for agility # Exam style questions.</p> <p>#Balance Types of balance # Static and Dynamic</p>	<p>Types of tests used to test agility # Illinois Agility Test Advantages Disadvantages</p> <p>Tests for balance – stork test Advantages and disadvantages</p>	<p>Key definitions # Agility # Balance – Static and dynamic</p>	<p>Exam style questions: 1 – explain the terms agility and co-ordination (2 Marks) 2 – explain how good co-ordination aids agility (2 marks)</p>	Share point
6	<p># Co-ordination Why do we need to be able to move two body parts smoothly and with control in a sporting activity?</p> <p># Power The ability to use strength at speed therefore the faster or stronger a motion, the more powerful it will be.</p>	<p>Type of fitness test # Wall ball throw test Advantages and disadvantages?</p> <p><u>Anaerobic Power Test- Vertical Jump Test</u> Stand with dominant side against board and reach up to record standing reach height. One dip is allowed then the participant must jump and touch the board as high as they can. <i>Advantages: Quick to do. Minimal equipment needed.</i></p>	<p>Key Definitions # Co-ordination 1 – Hand eye 2 – Foot eye 3 – hand to hand</p> <p>Anaerobic power – meaning and definition.</p>	<p>Progress checker</p> <p>Explain why it is important for a 100m Pairs task – both football and netball players need excellent co-ordination However, when tested the football players results were poor on the wall ball test.</p>	Share point

	<p># Reaction time The time taken for a performer to respond to a stimulus. Eg- sprinter</p>	<p><i>Disadvantages: Only measures power in legs.</i></p> <p>Ruler drop test – working in pairs follow printed instructions – <i>Advantages – cheap and quick to perform.</i> <i>Disadvantages – can be aided by partner making test invalid</i></p>	<p>What affects reaction time? How can we improve reaction time?</p>	<p>1 – using your knowledge of fitness tests explain why? With your partner can you design a fair test?</p>	
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