



HALF TERM 5 April -May	Theory Lessons (3 lessons over 2 week timetable) 1-15	Practical Lessons 1-6
Completion of outstanding coursework tasks	Objective: To complete all coursework assignments to achieve highest possible grade Focus is on the completion of Merit and Distinction tasks Pupils will be working on individual targets set by their teacher and using feedback trackers. In component 1 pupils will be able to analyse how regular sports participation leads to long-term physical benefits in the body systems. Distinction students will be able to evaluate the extent to which different sports activities benefit from adaptations to the musculoskeletal and cardiorespiratory systems. They will be able to explain how sports injuries may occur and suggest appropriate rehabilitation. They will be able to assess the benefits and imitations of technological advances in sport and activity. In component 3 pupils will be able to discuss the strengths and weaknesses of their own warm up, explaining targets for the future. They will be able to evaluate the delivery of their session including links to physical and psychological benefits	Objective Completion of leadership filmed assessment task demonstrating the ability to carry out an effective pulse raiser, mobilisations and stretches for a selected sport or activity To demonstrate leadership qualities through a range of sports and activities
Knowledge & Skills development	Understanding the requirements of each component assignment and the assessment criteria. Ability to use their knowledge and understanding of the course to evaluate and analyse effectively	
Assessment / Feedback Opportunities	Regular verbal and written feedback Progress trackers updated	
Cultural Capital	Awareness of leadership opportunities in the local sports industry Celebration of school extra-curricular involvement and success Role models	
SMSC / Promoting British Values (Democracy, Liberty, Rule of Law, Tolerance & Respect)	Listening to others Responding suitable in discussions Taking part in group activities Working closely with a partner	
Reading opportunities	BTEC Tech Award Book	
Key Vocabulary	Analyse evaluate adaptations psychological benefit	
Digital Literacy	Research on relevant websites. Reference to videos	
Careers	Fitness instructor. Personal coach, Personal Trainer	