

Long Term Plan Y11 (BTEC TECH SPORT)

		Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14
Cycle 1		W/C 2/09	W/C 9/09	W/C 16/09	W/C 23/09	W/C 30/09	W/C 07/10	W/C 14/10	W/C 04/11	W/C 11/11	W/C 18/11	W/C 25/11	W/C 02/12	W/C 09/12
								Half term starts 18 th October		Data days 14/11 &				
	Lesson 1	Types of practices	Assignment practice	Preparing for an activity	Assignment practice	PSA Completion	PSA Completion	Practical PSA Completion	PSA Completion CATCH UP	L1: Components of Fitness	L3: Components of Fitness	L5: Calculating maximum heart rate (HR max)	CATCH UP	L3: Interpreting data
	Lesson 2	Drills that can be used to improve specific techniques	Preparing for an activity	Assignment practice	PSA Preparation	PSA Completion	PSA Completion	Practical PSA Completion	PSA Completion CATCH UP	L2: Components of Fitness	L4: Basic principles of training (FITT)	L6: Exploring the relationship between HR and the RPE Scale	L1: Investigating fitness testing to determine fitness levels	L4: Fitness test methods
	Lesson 3	Demonstration of techniques		Assignment practice		PSA Completion		Practical PSA Completion	PSA Completion CATCH UP		L5: Basic principles of training and additional principles		L2: Designing an informed consent	
	Homework	Drills and practices	Conditioned practices	Rules and Regulations	Components of Fitness and links to sports performance	Notes completion	Notes completion	Note completion		Physical related components of fitness	Skill related components of fitness			
Cycle 2		W/C 16/12		W/C 06/01	W/C 13/01	W/C 20/01	W/C 27/01	W/C 03/02	W/C 10/02	W/C 03/03	W/C 10/03	W/C 17/03	W/C 24/03	W/C 31/03
		HALF TERM STARTS Friday 20 th December							Staff training 14/02 HALF TERM STARTS 13/02	Staff training 6/03 & 7/03				HALF TERM ENDS 4 th April
	Lesson 1	L5: Fitness testing-Speed	Practical fitness testing	L8: Fitness testing- Body composition	L11: Fitness testing- Power	Exam preparation	L1: Warm up requirements	L3: Muscular endurance training	L5: Aerobic training methods	L7: Speed, Agility and Quickness	L8: Balance, Coordination and Reaction Time training	L10: Provision of sport and physical	Exam Preparation	

Long Term Plan Y10 (BTEC TECH SPORT)

		Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 12	Week 13
Cycle 1		W/C 2/09	W/C 9/09	W/C 16/09	W/C 23/09	W/C 30/09	W/C 07/10	W/C 14/10	W/C 04/11	W/C 11/11	W/C 18/11	W/C 25/11	W/C 02/12	W/C 09/12
								Half term starts 18 th October		Data days 14/11 & 15/11				
	Lesson 1	L1: Classification of sports	L4: Provision of sport and physical activity	Practical Fitness activities	L7: Barriers to participation in sport	L9: Methods to address barriers to participation	CATCH UP LESSON	L11: Methods to address barriers to participation practice questions.	Practical Disability sport	L1: Different types of sports clothing and footwear	L4: Sports specific and safety equipment benefits.	Practical facilities and spaces	L8: Officiating	L9: Technology
	Lesson 2	L2: Outdoor activities	L5: Physical activity needs of participants	Practical Outdoor activities	L8: Barriers to participation in sport	L10: Methods to address barriers to participation	PSA Practice	PSA Practice	Practical	L2: Different types of sports clothing and footwear benefits	L5: Modified equipment and facilities	Practical	Officiating Practical	L10: The benefits of Technology
	Lesson 3	L3: Physical fitness activities		L6: Participants with different disabilities		Practical Disability sports		PSA Practice		L3: Sports specific and safety clothing		L7: Facilities		L11: The limitations of using technology in sports and physical activity
	Homework	Classification of sports	Provision of Sport and Physical activity	Outdoor activities	Barriers to participation	Overcoming barriers to participation			Disability sport	Clothing and footwear	Modified equipment		Officiating on Sport	
Cycle 2		W/C 16/12		W/C 06/01	W/C 13/01	W/C 20/01	W/C 27/01	W/C 03/02	W/C 10/02	W/C 03/03	W/C 10/03	W/C 17/03	W/C 24/03	W/C 31/03
		HALF TERM STARTS Friday 20 th December							Staff training 14/02 HALF TERM	Staff training 6/03 & 7/03				HALF TERM ENDS 4 th April
	Lesson 1	L12: Assignment preparation		L14: Assignment Preparation	L1: Planning a warm-up	L3: Mobilisers	Practics	L6: Adapting a warmup	Assignment Preparation	Assignment completion	Assignment completion	Assignment completion	Assignment completion	L1: Components of fitness

	Lesson 2	L13: Assignment preparation		CATCH UP LESSON	L2: Cardio-respiratory system	L4:Preparation stretches	Practical	L7: Delivering a warm up	Assignment Preparation	Assignment completion	Assignment completion	Assignment completion	Assignment completion	L2: Physical Components
	Lesson 3			CATCH UP LESSON		L5: Responses to Strteching		CATCH UP	Assignment Preparation		Assignment completion		Assignment completion	
	Homework													
Cycle 3		W/C 21/04	W/C 28/04	W/C 05/05	W/C 12/05	W/C 19/05	W/C 02/06	W/C 09/06	WC 16/06	W/C 23/06	W/C 23/06	W/C 07/07	W/C 14/07	
		Easter Bank Holiday 21/04		May bank holiday 05/05		Term ends 23rd May								
	Lesson 1	L3: Skill related fitness	L4: Aerobic Endurance training methods	L6: Flexibility Training methods	PSA 2A practice	L1: Types of skill/Types of practices	L3: Skills and techniques	L5: Responsibility of officials	L7: Rules and Regulations	PSA Practice Task: YOU DO	Catch up	L2: Drills that can be used to improve	Practical	
	Lesson 2	Mini Assessment components	L5: Speed training methods	L7: Free weights training methods	PSA 2A practice	L2: Types of skill/Types of practices	L4: Strategies	L6: Role of the Official	PSA Practice Task- I DO	Practical	L1: Types of practices	L3: Demonstration of	L5: Conditioned practices	
	Lesson 3	Practical		Recap lesson		Practical		Practical		Catch up		L4: Preparing for an activity		
	Homework		Components of fitness				Skills and techniques		Rules and Regulations		Drills and practices			

