

**Physical Education**  
**Year 10 BTEC sport curriculum map**



Year 10	T1	T2	T3	T4	T5	T6
Content / Topic for Term	Induction lessons		Induction lessons		Induction lessons	
	Component 3: <ul style="list-style-type: none"> <li>Applying the principles of sport and activity</li> </ul>					
	Learning Aim A: <ul style="list-style-type: none"> <li>understanding the fundamentals of sport and activity leadership</li> </ul>		Learning aim B: <ul style="list-style-type: none"> <li>planning sessions for target group</li> </ul>		Learning aim C: <ul style="list-style-type: none"> <li>delivering and reviewing sessions for target groups</li> </ul>	
Key Knowledge for acquisition, recall and application in assessment or exam	A1 Attributes of a leader <ul style="list-style-type: none"> <li>skills</li> <li>communication</li> <li>organisation</li> <li>activity structure</li> <li>knowledge</li> <li>target setting</li> <li>evaluation</li> <li>attributes</li> <li>enthusiasm</li> <li>personality</li> <li>motivation</li> <li>leadership style</li> </ul> A2 The benefits of participation in sport and activity sessions	Complete controlled assessment  Learning aim A	B1 Target groups <ul style="list-style-type: none"> <li>Children</li> <li>Disabilities</li> <li>Older people</li> <li>Women</li> <li>LGBTI</li> </ul> B2 Types of sessions, fitness, sport or multi-activity  B3 Session plan <ul style="list-style-type: none"> <li>plan components of a session</li> <li>warm up</li> <li>main session</li> </ul>	Complete controlled assessment  Learning aim B	C1 Methods of delivery/success to consider: <ul style="list-style-type: none"> <li>Practical application</li> <li>Objectives</li> <li>Health and safety checks</li> <li>adaptions</li> </ul> C2 Methods of review: <ul style="list-style-type: none"> <li>feedback</li> <li>reflection</li> </ul> Considerations for review: <ul style="list-style-type: none"> <li>what went well</li> </ul>	Complete controlled assessment  Learning aim C

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	<ul style="list-style-type: none"> <li>• short-term and long-term physical benefits</li> <li>• short and long-term psychological benefits</li> </ul>				<ul style="list-style-type: none"> <li>• what could be improved</li> </ul>	
Key skills to apply in assessment or exam	<ul style="list-style-type: none"> <li>• Describe</li> <li>• Explain</li> <li>• Analyse</li> </ul>	<ul style="list-style-type: none"> <li>• Explain how successful leaders demonstrate the required skills and qualities</li> <li>• Analyse how a good leader can promote physical and psychological benefits</li> <li>• Evaluate a successful leader and the different ways physical and psychological benefits</li> </ul>	<ul style="list-style-type: none"> <li>• Describe</li> <li>• Explain</li> </ul>	<ul style="list-style-type: none"> <li>• Prepare a realistic activity session plan for a chosen target group</li> <li>• Prepare a detailed, realistic and well-structured activity session plan, giving detailed reasons for suitability for the chosen target group</li> <li>• Produce a comprehensive realistic activity session plan, giving considered reasons for the activities included and the benefits of</li> </ul>	<ul style="list-style-type: none"> <li>• Describe</li> <li>• Analyse</li> <li>• Evaluate</li> </ul>	<ul style="list-style-type: none"> <li>• Independently lead the main component of a planned sport/activity session</li> <li>• Review the planning and leading of the main component of a sport/activity session</li> <li>• Discuss own delivery of planned sport/activity session, explaining strengths and areas for improvement</li> <li>• Evaluate the delivery of the planned</li> </ul>

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				participation for the target group		sport/activity session including links to physical and psychological benefits
Title of Knowledge Organiser	Component 3 <ul style="list-style-type: none"> <li>• Leadership qualities and attributes</li> <li>• Learning Aim A1</li> <li>• Learning Aim A2</li> </ul>	Component 3 <ul style="list-style-type: none"> <li>• Learning Aim A coursework pro-forma</li> </ul>	Component 3 <ul style="list-style-type: none"> <li>• Planning of a leadership session</li> <li>• Learning Aim B1</li> <li>• Learning Aim B2</li> <li>• Learning Aim B3</li> </ul>	Component 3 <ul style="list-style-type: none"> <li>• Learning Aim B coursework pro-forma</li> </ul>	Component 3 <ul style="list-style-type: none"> <li>• Delivery and review of sessions for target groups</li> <li>• Learning Aim C1</li> <li>• Learning Aim C2</li> </ul>	Component 3 <ul style="list-style-type: none"> <li>• Learning Aim C coursework pro-forma</li> </ul>