Falconer School

Curriculum Intent:

We are committed to providing a personalised curriculum which allows students to grow in confidence, build resilience and realise their full potential; equipping them with the skills and knowledge needed for future success.

Course Information			
Year: 10		**Subject: PE**	
Subject	P.E	**Subject Lead contact information**	Jeffrey Fisher J.Fisher@falconer.herts.uk
Exam Board	Pearson's	**Specification code**	

Subject Content

We provide pupils the chance to engage in a wide range of sports and physical activities which will inspire them to lead healthy, active lives after they leave Falconer School. In addition through curricular and extra-curricular activities, pupils are developing their social, communication and independence skills, resulting in them being confident, resilient and independent young people who are prepared for adulthood.

Differentiation

Differentiation is the way the teacher adapts the classroom materials to provide the right kind of challenge to each student. This allows all students to access the same piece of work, at their own level. Some examples of differentiation used in P.E are:

- Visual and written checklists
- Modelling of successful exemplars
- Scaffolds to help students structure their writing
- Use of technology to help students read and write
- Scribing for students
- Linking lessons to student's interests
- Strategic placement of T.A
- Ability grouping
- Using learning styles to match the learners needs (visual learner, reader writer)
- Chunking lessons

Autumn 1/ Autumn 2	**<u>Fitness for Sport and Exercise</u>** Fitness for sport and exercise is core to the programme of study. This unit underpins, the other units for sport. In learning aim A you will cover the components of physical and skill-related fitness and the principles of training. Learning aim B explores different fitness training methods for developing components of fitness, and for learning aim C you will gain knowledge and skills in undertaking and administering fitness tests. This unit is particularly relevant if you would like to progress into qualifications in sports coaching, elite sport or personal training. Learning aims In this unit you will: A know about the components of fitness and the principles of training B explore different fitness training methods C investigate fitness testing to determine fitness levels. **<u>Key Vocabulary:</u>** cardiorespiratory system, muscular endurance, flexibility, speed, muscular strength, body composition, agility, balance, coordination, power, reaction time

Spring 1	**<u>Practical Sports Performance</u>** This unit focuses on developing and improving your own practical sports performance. This is achieved through your active participation in practical activities and reflection on your own performance and that of other sports performers. This unit introduces you to a variety of different sports and, through participating in different sports, it is expected that you will develop knowledge of the associated rules, regulations, scoring systems, skills, techniques and tactics. In learning aim A, you will investigate the rules and regulations of a sport and apply the knowledge gained through observing officials in action. You might also decide to take part in national governing body coaching and leadership awards to reinforce and extend your knowledge and qualifications in this area. **<u>Key Vocabulary:</u>** Rules (or laws), Regulations, Scoring systems, Sports, officials, Responsibilities.
Spring 2	**<u>Practical sports performance</u>** This unit focuses on developing and improving your own practical sports performance. This is achieved through your active participation in practical activities and reflection on your own performance and that of other sports performers. For learning aim B, you will take part in a variety of sports. These may be sports in which you excel or have a particular interest. You are required to demonstrate the skills, techniques and tactics within each of the sports selected for assessment. For learning aim C, you will review your performance in the sports in which you participated. This review will look at the strengths and areas for development within your own performance. You will also be encouraged to consider plans to develop your performance within the selected sports. **<u>Key Vocabulary:</u>** Tactics, techniques, participation, Safe, Tactical demands, Technical demands, Conditioned, Competitive situations.
Summer 1/ Summer 2	**<u>Applying the Principles of Personal Training</u>** This unit is synoptic and designed so that you think about all of your learning from across the qualification, and use it to respond to the assessment. Therefore it should be taken at the end of the course of study. Learning aim A takes you through the stages of designing a personal fitness training programme, where you can select a component of fitness and an appropriate method of training to improve or maintain your fitness levels safely for your chosen activity/sport. For learning aim B, you will gain awareness of the musculoskeletal and cardiorespiratory body systems and how they respond during the exercise. In learning aim C, you will implement your personal fitness training programme, maintaining a training diary. Finally, for learning aim D you will review your programme, looking at strengths, areas for improvement and suggesting recommendations for future training and performance. The ability to improve personal fitness is essential for sports performers. However, the same knowledge, understanding and skills are required to improve other people's fitness, and are

	essential for a number of progression opportunities in the sector, such as qualifications for sports coaches and personal trainers. Learning aims In this unit you will: A design a personal fitness training programme B know about the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training C implement a self-designed personal fitness training programme to achieve own goals and objectives D review a personal fitness training programme. **Key Vocabulary:** Programme, Intensity, Application, Lifestyle, Objectives, goals, Structure, function, Musculoskeletal system, Cardiorespiratory system, Training.

Assessment Details

Internal units Each internally-assessed unit has specific assessment criteria that your centre must use to judge learner work in order to arrive at a grading decision for the unit as a whole. For internally-assessed units, the assessor judges the evidence that the learner has presented to determine whether it meets all the relevant criteria, and then awards a grade at the appropriate level. The criteria are arrived at with reference to the following grading characteristics:

● applying knowledge and understanding in vocational and realistic contexts, with reference to relevant concepts and processes, to achieve tasks, produce outcomes and review the success of outcomes

● developing and applying practical and technical skills, acting with increasing independence to select and apply skills through processes and with effective use of resources to achieve, explain and review the success of intended outcomes

● developing generic skills for work through management of self, working in a team, the use of a variety of relevant communication and presentation skills, and the development of critical thinking skills relevant to vocational contexts.

External units The externally-assessed units are assessed using both marks-based and levels-based schemes. For each external assessment, grade boundaries, based on learner performance, will be set by the awarding organisation. The following criteria are used in the setting and awarding of the external units.

What can I do to support my child at home?

Students can use Google classroom where resources will be posted for the students to revise.

Playing sports outside of school can be beneficial and if students can use there sporting clubs to plan and take sessions will transfer to the course.

Recommended resources

BTEC First in Sport Revision Guide
Publisher: Pearson
BTEC First Award Sport Student Book
Publisher: Pearson

Teaching Staff Contact Details

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