



Year 10 BTEC PE

Autumn 1

Students will be taught about Pearson level 2 BTEC sport. Students will be taught the definitions of Health and Fitness. They will also learn about Health related components of fitness and skill related fitness, As well analysing Exercise intensities.



Autumn 2

Students will be taught the types of training that can be used to improve different types of fitness. They should be able to explain the advantages and any disadvantages of these types of training.



Spring 1

Students will be taught about Fitness testing and how to conduct them.

“Do I know the different types of fitness tests?” “Can I explain how they are carried out, including pre-test procedures and equipment used?”



Spring 2

Here the focus will be on how to answer 8 mark questions and preparing for Unit 1 online examination.



Summer 1

Unit 2: Practical Sports Performance:

Students will learn about the rules and regulations of sports and the role of the official.



Summer 2

Unit 2: Practical Sports Performance: Skills, techniques and tactics, analysing performance.

