

Knowledge Mat PE: Year 10 Btec Sport

Key Knowledge for Year 10

Term 1 Fitness for Sport and Exercise

Know about the components of fitness and the principles of training

Explore different fitness training methods

Investigate fitness testing to determine fitness levels

Term2 Leadership

Know the attributes associated with successful sports leadership

Undertake the planning and leading of sports activities

Review the planning and leading of sports activities

Term 3 Practical Sport

Understand the rules, regulations and scoring systems of two selected sports.

Practically demonstrate skills, techniques and tactics in rounders.

Wider Experiences / Try to Do...

- Lead a lunch time session
- Apply for a leadership course
- Apply to be Sports Ambassador

The big questions:

Do you know the rules and regulations of two sports in detail?

Are you a competent official in two selected sports?

Do you know the attributes of successful sports leadership?

Do you have the confidence to plan and lead a successful sports session?

Are you able to review your performance as a sports leader?

Can you name the components of fitness?

Do you know the basic principles of training?
Can you name several training methods?

Do you know the fitness test for each component of fitness?

Vocabulary

Word / Meaning

Describe - Give a clear description that includes all the relevant features

Define – Clearly explain what a particular term means and give an example.

Design – Create a plan, proposal or outline to illustrate a concept or idea.

Explain – Set out in detail the meaning of something, with reasons. Start by introducing the topic then give the “how” and “why”.

Interpret – Define or explain the meaning of something.

Illustrate – Include examples or a diagram to show what you mean.

Assess – make a judgement on the importance of something.

Evaluate – Review the information then bring it together to form a conclusion.

Justify – Give reasons and evidence to support your opinion or view to show how you arrived at these conclusions.