

Year 10 BTEC Sport Learning Programme 4

<p>The LORIC skill focus for his LP is: INITIATIVE. The Moral Virtues focus for this LP are: INTEGRITY and GRATITUDE. Integrity - Having strong moral principles. Gratitude - Feeling and expressing thanks.</p>		<p>Literacy:</p> <ul style="list-style-type: none"> • Capital letters must be used at the start of sentences and for the first letter of proper nouns • Full stops must be used at the end of a sentence • Question marks must be used at the end of a question • Apostrophes should only be used for possession or omission • Days of the week and months must be spelled correctly • Key words must be spelled correctly 	
<p>What will I be learning about in this Learning Programme? Equipment and technology required for participants to use when taking part in sport and physical activity How to prepare participants to take part in sport and physical activity</p> <p>Where have I seen this learning before? KS3 core PE lessons</p> <p>What could I use it for? Your PSA task 2 and task 3</p>			
<p>In LP4.1, I will know: and complete my PSA Component 1, task 1 assignment.</p>	<p>10/03/25 - (WK 2)</p>	<p>Key Vocabulary</p> <p>Provision</p>	<p>Homework</p> <p>Complete homework task on The Everlearner</p>
<p>In LP4.2, I will know: and complete my PSA Component 1, task 1 assignment.</p>	<p>17/03/25 - (WK 1)</p>	<p>Key Vocabulary</p> <p>Barriers</p>	<p>Homework</p> <p>Complete homework task on The Everlearner</p>
<p>In LP4.3, I will know: the different types of sports clothing and equipment required for participation to include; clothing and footwear, sport specific equipment, protection and safety equipment, equipment for people with disabilities or assistive technology, facilities, officiating equipment and performance analysis.</p> <p>Extended Task.</p>	<p>24/03/25 - (WK 2)</p>	<p>Key Vocabulary</p> <p>Performance</p>	<p>Homework</p> <p>Complete homework task on The Everlearner</p>
<p>In LP4.4, I will know: the different types of technology and their benefits for participation and performance to include; clothing and footwear, sport specific equipment, protection and safety equipment, equipment for people with disabilities or assistive technology, facilities and officiating, performance analysis. the limitations of using technology in sport and physical activity.</p>	<p>31/03/25 - (WK 1)</p>	<p>Key Vocabulary</p> <p>Limitations</p>	<p>Homework</p> <p>Complete homework task on The Everlearner</p>
<p>In LP4.5, I will know: how to and complete my PSA Component 1, task 2 assignment.</p>	<p>21/04/25 - (WK 2)</p>	<p>Key Vocabulary</p> <p>Mobilisation</p>	<p>Homework</p> <p>Complete homework task on The Everlearner</p>
<p>In LP4.6, I will know: how to and complete my PSA Component 1, task 2 assignment.</p> <p>Extended Task.</p>	<p>28/04/25 - (WK 1)</p>	<p>Key Vocabulary</p> <p>Dynamic stretch</p>	<p>Homework</p> <p>Complete homework task on The Everlearner</p>
<p>In LP4.7, I will know: pulse raiser activities and the response of the cardiovascular and musculoskeletal systems; mobiliser activities and the response of the cardiovascular and musculoskeletal systems; preparation stretches and the response of the cardiovascular and musculoskeletal systems.</p>	<p>05/05/25 - (WK 2)</p>	<p>Key Vocabulary</p> <p>Static stretch</p>	<p>Homework</p> <p>Complete homework task on The Everlearner</p>
<p>Resources to support learning: BTEC Sport student textbook and exercise book The Everlearner Knowledge Organiser</p>			
<p>FFET Award Challenge for this Learning Programme: Use your skill session plan to lead an extra-curricular activity within PE.</p>			

