

## Year 10 BTEC Sport

### Learning Programme 5

The LORIC skill focus for his LP is: COMMUNICATION.		Literacy:	
The Moral Virtues focus for this LP are: COURAGE and HUMILITY.		• Capital letters must be used at the start of sentences and for the first letter of proper nouns	
Courage - Acting with bravery and overcoming fears.		• Full stops must be used at the end of a sentence	
Humility - Having a modest view of oneself.		• Question marks must be used at the end of a question	
What will I be learning about in this Learning Programme?		• Apostrophes should only be used for possession or omission	
How to prepare participants to take part in sport and physical activity		• Days of the week and months must be spelled correctly	
Components of Fitness and their use in sport		• Key words must be spelled correctly	
Where have I seen this learning before?			
KS3 core PE lessons			
What could I use it for?			
Your PSA task 3 and to start Component 2 content.			
In LP5.1, I will know:	12/05/25 - (WK 1)	Key Vocabulary	Homework
Complete my PSA Component 1, task 2 assignment.		Assistive Technology	Work on PSA task.
In LP5.2, I will know:	19/05/25 - (WK 2)	Key Vocabulary	Homework
Complete my PSA Component 1, task 2 assignment.		Limitations	Work on PSA task.
LP5 RLW, I will:	02/06/25 - (WK 1)		
review my learning, recalling and applying key knowledge, and focus on closing any gaps in my knowledge.			
In LP5.3, I will know:	09/05/25 - (WK 2)	Key Vocabulary	Homework
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.		Responses	Complete homework task on The Everlearner
Extended Task.			
In LP5.4, I will know:	16/06/25 - (WK 1)	Key Vocabulary	Homework
Work on PSA Task 3, part A.		Adaptations	Work on PSA task.
In LP5.5, I will know:	23/06/25 - (WK 2)	Key Vocabulary	Homework
Work on PSA Task 3, part A.		Session plan	Work on PSA task.
In LP5.6, I will know:	30/06/25 - (WK 1)	Key Vocabulary	Homework
Work on PSA Task 3, part B.		Leadership	Work on PSA task.
Extended Task.			
In LP5.7, I will know:	07/06/25 - (WK 2)	Key Vocabulary	Homework
Learn about physical components of fitness.		Component	Complete homework task on The Everlearner
Learn about Skill components of fitness.			
Resources to support learning:			
BTEC Sport student textbook and exercise book			
The Everlearner			
Knowledge Organiser			
FFET Award Challenge for this Learning Programme:			
Use your skill session plan to lead an extra-curricular activity within PE.			

PRT Task 1

PRT Task 2