

Unit 2 Overview YEAR 10 PE BTEC Practical Sport: (coursework)

You will learn about: Relate theory content to practical activities and be able to link the two together in order to produce assignments. You will research rules, regulations and scoring systems for sport and you will be able to understand how to perform practically in different sports. This will allow you to demonstrate your understanding of tactical, technical and officiating of the sports covered whilst reflecting on your own performances.

You will be able to:

- Demonstrate knowledge and understanding of factors that underpin performance and involvement in physical activity and sport
- Apply knowledge and understanding of factors that underpin performance and involvement in physical activity and sport
- Analyse and justify factors that underpin performance and involvement in physical activity and sport

<p>Lesson Overview</p> <p>Assignment 1</p> <p>Rules, Regulations and Scoring Systems in sport</p> <ul style="list-style-type: none">- Apply rules to specific sporting situations.- Explain the Roles and Responsibilities of Officials in sport. Compare and contrast two different officials.- Recommend a rule change for sporting activities. <p>Assignment 2</p> <p>Practical Performance</p> <p>Describe the technical and tactical demands of two sports</p> <ul style="list-style-type: none">- Use the relevant skills, techniques and tactics effectively in two selected sports in isolated practices.- Use the relevant skills, techniques and tactics effectively in two selected sports in conditioned practices.- Use the relevant skills, techniques and tactics effectively in two selected sports in competitive situations. <p>Assignment 3</p> <p>Design observation checklists to review performance.</p> <ul style="list-style-type: none">- Explain strengths and areas for improvement in own performance.- Recommend activities/training methods to improve performance in sport.	<p>Key Words</p> <p>Technical/techniques - refer to the basic movements of a sport</p> <p>Tactical – having a plan or strategy in order to do something.</p> <p>Responsibilities – taken ownership of what is your duty to do.</p> <p>Regulations - refer to the details of the game, including players and participants, equipment, playing surface, facilities, health and safety, time, and officials.</p> <p>Interpretation – what you think might have happened and how you see the situation.</p> <p>Isolated practice – perform a skill under strict guidelines focusing on one specific area.</p> <p>Conditioned practice – adding pressure to a skill session where there is some form of defense.</p> <p>Competitive situation – performing under game situations with levels of pressure and importance involved.</p> <p>Decision making – making choices about the actions you perform and why.</p> <p>Analysis – being able to look at a situation and reflect on what has happened, then back up with information or fact.</p>
<p>Suggested reading or support available</p> <p>https://www.badmintonengland.co.uk/</p> <p>http://www.thefa.com/</p> <p>https://www.englandrugby.com/home</p> <p>https://www.englandnetball.co.uk/</p> <p>https://www.ecb.co.uk/</p> <p>https://www.englandhockey.co.uk/</p>	<p>Character skills learnt in KS3 that can be further developed:</p> <p>Literacy: Key Words Giving Feedback to others</p> <p>Numeracy: Measurements, distances, times, bearing</p>