

| Prior Learning | | |
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| Components of fitness | Skills and technique in a chosen sport | Rules, regulations and the scoring system of a chosen sport. |



LEARNING JOURNEY – Component 2
Learning aim C

Ad Astra

We will be looking at Component 2 Learning aim C over the next 8 weeks. This assignment requires a 3-4 page lesson plan and 10 minute video. In this unit you will look at the components of a sports lesson and look at how to deliver these sessions to a group. You will understand how to deliver this to a younger group of students.

| We will develop our learning each week by focusing on: | Prior | New | Skill | RAG Rate |
|--|-------|-----|-------|----------|
| Week 1 Key Learning: A successful sports session <ul style="list-style-type: none"> Know the components of a sports session. Understand how to deliver the session. Thinking about the organisation and the equipment needed. | | | | |
| Week 2 Key Learning: Justification of activities <ul style="list-style-type: none"> Justification of the activities, consider the activities that are chosen in each session. | | | | |
| Week 3 Key Learning: Planning a training session <ul style="list-style-type: none"> Practical lessons that look at how to structure a training session to ensure successful participation. | | | | |
| Week 4 Key Learning <i>Mini practical Assessment</i> <ul style="list-style-type: none"> Mini assessment Close the gap and feedback given | | | | |
| Week 5 Key Learning <i>Mini theory Assessment</i> <ul style="list-style-type: none"> Mini assessment Close the gap and feedback given | | | | |
| Week 6 Key Learning <i>Full Assessment</i> <ul style="list-style-type: none"> Full Assessment | | | | |
| Week 7 Key Learning <i>Full Assessment</i> <ul style="list-style-type: none"> Full Assessment | | | | |
| Week 8 Key Learning <i>Full Assessment</i> <ul style="list-style-type: none"> Full Assessment | | | | |

| Key Vocabulary | | | | | |
|--|------------|------------------------|------------------------------|------------------|----------------|
| Identify | | Explain | | Analyse | |
| Future Learning (including real – life) | | | | | |
| Components of fitness | Leadership | Anatomy and physiology | Sports rules and regulations | Personal fitness | Exam technique |

Future Learning

What will we be learning in the future?
How could this unit help you in your future career?

Component 2 – You will know the components of fitness required to take part in different sports and physical activities. You will also research the rules and regulations for a sport and apply these to different situations in a game. You will also research the roles and responsibilities for the officials in that sport. Lastly you will be recorded taking part in a competitive sport and leading a lesson to a group of students.

Component 3 – You will learn how to design a training programme to suit an individual. You will look at how to measure fitness a person's fitness and what methods you can use to improve this.

Future Career – This unit will help with students who wish to pursue a career in sport. It is especially useful if you would like to be a teacher, coach, official or sports performer. You will learn about rules, regulations and scoring systems of a sport.