

<u>BTEC Tech Award in Sport Activity and Fitness</u>	Year 10		
Review	Review 1	Review 2	Review 3
Content covered	<p><i>Unit 1 - Learning Aim B: Explore Common Injuries in Sport and Activity and Methods of Rehabilitation</i></p> <p>Causes of Common Sporting Injuries Management and rehabilitation of common sports injuries</p>	<p><i>Unit 1 - Learning Aim C: Understand the use of technology for sport and activity</i></p> <p>Different types of technology in sport and activity</p> <p>The benefits of technology on improving body systems for sport and activity</p> <p>Limitations of technology to sport and activity</p>	<p><i>Unit 2 – Learning Aim A: Training to improve fitness for sport and activity</i></p> <p>Interpreting fitness data in relation to sport and activity</p> <p>Methods of training for sport and activity</p> <p>The FITT principles and principles of training</p> <p>Understanding fitness programmes</p> <p><i>Unit 2 – Learning Aim B: Nutrition for Sport and Activity</i></p> <p>Macronutrients</p> <p>Micronutrients</p> <p>Hydration</p>
Assessment method	Ongoing coursework module assessed internally and submitted for external moderation at end of the academic year	Ongoing coursework module assessed internally and submitted for external moderation at end of the academic year	1 Hour progress exam
Teacher & Dept response	Catch Up sessions for those falling behind on deadlines for coursework.	Catch Up sessions for those falling behind on deadlines for coursework. Parental contact Removal from practical lessons to complete coursework Removal from curriculum PE lessons to complete catch up	Parental contact/communication if falling below target. Additional provision during practical lessons to reinforce and support learning