



	Half term 1		Terms 2 & 3
Key focus	Component 2: Taking Part and Improving Other Participants Sporting Performance	Component 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity	Component 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity
Key knowledge and skills	Students will understand how different components of fitness are used in different physical activities. Be able to participate in sport and understand the roles and responsibilities of officials. Demonstrate ways to improve participants sporting techniques.	Students will demonstrate knowledge of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise. Demonstrate an understanding of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise. Apply an understanding of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise. Make connections with concepts, facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise.	Students will demonstrate knowledge of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise. Demonstrate an understanding of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise. Apply an understanding of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise. Make connections with concepts, facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise.
Key words/ vocabulary	Aerobic endurance, muscular endurance, muscular strength, speed, flexibility, body composition, power, coordination, reaction time, agility balance, skills, techniques, strategies, isolated practice, competitive situation, officials, referee, umpire, assistant referee, scorers, judges, video review officials, appearance, equipment, communication, health and safety, stationary drills, drills with passive/active opposition, demonstration, teaching points, feedback.	Aerobic endurance, muscular endurance, muscular strength, speed, flexibility, body composition, power, coordination, reaction time, agility balance, frequency, intensity, time, type, progressive overload, specificity, individual differences, adaptation, reversibility, variation, rest and recovery, training thresholds, heart rate, Borg Rating of Perceived Exertion (RPE) Scale, baseline data, training programmes, goal-setting, calibration of equipment, informed consent, Physical Activity Readiness Questionnaire (PAR-Q), reliability, validity, practicality, multi-stage fitness test, Yo-Yo test, Harvard step test, 12 minute cooper run, one-minute press-up, one-minute sit-up, timed plank test, sit and reach test, calf muscle flexibility test, shoulder flexibility test, 30 metre sprint test, 30 metre flying sprint, grip dynamometer, 1 Rep Max, Body Mass Index (BMI), Bioelectrical Impedance Analysis (BIA), waist to hip ratio, Illinois agility run test, T Test, stork stand test, Y balance test, Alternate-Hand Wall-Toss test, stick flip coordination test, vertical jump test, standing long/broad jump, Margaria-Kalamen power test, ruler drop test, Online reaction time test, normative data, warm-up, cool down, continuous training, fartlek training, interval training, circuit training, static active stretching, static passive stretching, proprioceptive	Aerobic endurance, muscular endurance, muscular strength, speed, flexibility, body composition, power, coordination, reaction time, agility balance, frequency, intensity, time, type, progressive overload, specificity, individual differences, adaptation, reversibility, variation, rest and recovery, training thresholds, heart rate, Borg Rating of Perceived Exertion (RPE) Scale, baseline data, training programmes, goal-setting, calibration of equipment, informed consent, Physical Activity Readiness Questionnaire (PAR-Q), reliability, validity, practicality, multi-stage fitness test, Yo-Yo test, Harvard step test, 12 minute cooper run, one-minute press-up, one-minute sit-up, timed plank test, sit and reach test, calf muscle flexibility test, shoulder flexibility test, 30 metre sprint test, 30 metre flying sprint, grip dynamometer, 1 Rep Max, Body Mass Index (BMI), Bioelectrical Impedance Analysis (BIA), waist to hip ratio, Illinois agility run test, T Test, stork stand test, Y balance test, Alternate-Hand Wall-Toss test, stick flip coordination test, vertical jump test, standing long/broad jump, Margaria-Kalamen power test, ruler drop test, Online reaction time test, normative data, warm-up, cool down, continuous training, fartlek training, interval training, circuit training, static active stretching, static passive stretching, proprioceptive



		neuromuscular facilitation (PNF) technique, free weights, fixed resistance machines, acceleration sprints, resistance drills, speed, agility quickness (SAQ) training, plyometrics, public provision, private provision, voluntary provision, cardiac hypertrophy, capillarisation, alveoli, adaptations, ligament, tendon, bone density, lactic acid, aims, objectives, types of motivation (intrinsic and extrinsic), specific, measurable, achievable, realistic, time-related, exciting, recorded (SMARTER) targets.	neuromuscular facilitation (PNF) technique, free weights, fixed resistance machines, acceleration sprints, resistance drills, speed, agility quickness (SAQ) training, plyometrics, public provision, private provision, voluntary provision, cardiac hypertrophy, capillarisation, alveoli, adaptations, ligament, tendon, bone density, lactic acid, aims, objectives, types of motivation (intrinsic and extrinsic), specific, measurable, achievable, realistic, time-related, exciting, recorded (SMARTER) targets.
Assessment method	Component 2 is internally assessed and externally moderated by Pearson. Students are assessed by completing 5 tasks (3 written and 2 practical tasks) which is worth 30% of their final grade.	Component 3 is externally assessed by Pearson. Students complete a written exam worth 60 marks in supervised conditions for 1.5 hours which is worth 40% of their final grade.	Component 3 is externally assessed by Pearson. Students complete a written exam worth 60 marks in supervised conditions for 1.5 hours which is worth 40% of their final grade.
Wider links			
Enrichment opportunities			
Careers links	PE teacher, PT instructor, gym instructor, sports coach, sports official	PE teacher, PT instructor, gym instructor, sports coach, sports official, sports psychologist	PE teacher, PT instructor, gym instructor, sports coach, sports official, sports psychologist