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|  | Year 10 | Year 11 |
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| Cycle 1 | **Component 1 – Preparing to take part in sport****A** Explore types and provision of sport and physical activity for different types of participants **B** – Examine equipment and technology required for participants to use when taking part in sport and physical activity**C** – be able to prepare participants to take part in physical activityCareers - Centre manager, personal trainer , equipment designer  | **Component 3** **AO1** Demonstrate knowledge of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise**AO2** Demonstrate an understanding of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise**AO3** Apply an understanding of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise**AO4** Make connections with concepts, facts, components of fitness, fitness tests, trainingCareers – head coach, manager  |
|  | Assessment Jan – coursework scenario Task 1 – 2 hours - writtenTask 2 – 1 hour - practicalTask 3 - 2 hours – practical video/written | Examination – January - external |
| Cycle 2 | **Component 2 - Taking part and improving other participants sporting performance**A – understand how different components of fitness are used in different physical activities B – To be able to participate in sport and understand the roles and responsibilities of officialsC – Demonstrate ways to improve participants sporting techniques.  | Practical Sports focus/ retake units if necessary  |
| Cycle 3 | **Component 2 - Taking part and improving other participants sporting performance**A – understand how different components of fitness are used in different physical activities B – To be able to participate in sport and understand the roles and responsibilities of officialsC – Demonstrate ways to improve participants' sporting techniques.Career focus – Referee, coach, Performance analyst |  |
|  | May/June assessment Task 1 – 1 hour – writtenTask 2 – 1 hour practical videoTask 3 – 1 hour - practical presentationTask 4 - 1 hour - practical video/written |  |