

BTEC Sport Year 10 Remote Learning Plan - Unit 1

Week	Lesson	Workbook Pages	Videos to watch on TheEverLearner
WC 7th Sept	1	Course Intro/Workbook Page 3-4	Muscular Endurance, Flexibility and Speed
	2	Workbook Page 5-6	Muscular Strength and Body Composition
	3	Workbook Page 7	Aerobic Endurance, Agility and Balance
WC 14th Sept	4	Workbook Page 8-9	Coordination, Power and Reaction Time
	5	Workbook Page 11	Checkpoint 1 and Exercise Intensity
	6	Workbook Page 12-14	Heart Rate Ranges, Borg and Basic Principles of Training
WC 21st Sept	7	Workbook Page 15-16	Additional Principles of Training
	8	Workbook Page 17	Checkpoint 2
	9	Workbook Page 17/18	
WC 28th Sept	10	End of Unit Assessment -19-23	Checkpoint 3
	11	Feedback on Assessment	Requirments of Fitness Training
	12	Workbook page 24-25	
WC 5th Oct	13	Workbook page 26-27	Static, Ballistic and PNF
	14	Workbook page 28-29	Circuit Training
	15	Workbook page 30-31	Freeweights and Plyometric Training
WC 12th Oct	16	Workbook page 32-34	Hallow Sprints, Acceleration Sprints and Interval Training
	17	Workbook page 38	Continuous Training and Aerobic Circuit Training
	18	Workbook page 35/36	Fartlek and Aerobic Interval Training
WC 19th Oct	19	Workbook page 37	Checkpoint 4
	20	End of Unit Assessment 39-41	Importance of Fitness Tests
	21	Feedback on Assessment	Requirments for administration and Interpretation of Fitness Tests
October Half Term			
	22	Workbook page 42/44	Sit and Reach and Hand Grip

WC 2nd Nov	23	Workbook page 44(2)	MSF Test and Forestry
	24	Workbook page 45	35m Sprint and Illinois Test
WC 9th Nov	25	Workbook page 46	Vertical Jump and Endurance Tests
	26	Workbook page 47	Skinfold Testing and BMI
	27	Workbook page 48	BIS and Checkpoint 5
WC 16th Nov	28	Workbook page 49	Checkpoint 6
	29	End of Unit Assessment page 50-53	Checkpoint 7
	30	Feedback on Assessment	
WC 23rd Nov	31	Revision for Mock	Re-watch areas of concern
	32	Revision for Mock	Re-watch areas of concern
	33	Mock	
WC 30th Nov	34	Revision	Re-watch areas of concern
	35	Revision	Re-watch areas of concern
	36	Revision	Re-watch areas of concern
WC 7th Dec	37	Revision	Re-watch areas of concern
	38	Revision	Re-watch areas of concern
	39	Revision	Re-watch areas of concern
Thursday 10th Dec	Provisional Exam Date		