

BTEC PE



Mixture
of Theory
&
Practical

YEAR 10

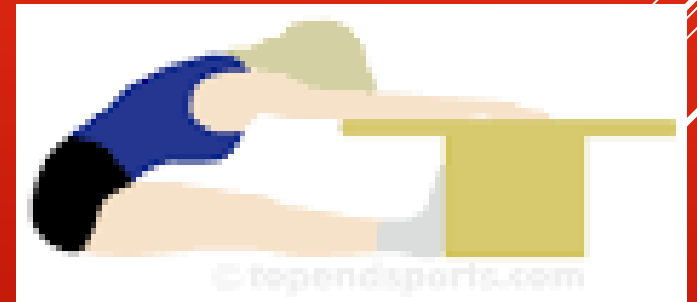
▶ UNIT 1 – FITNESS FOR SPORT

Components of fitness

Principles of training

Exercise & Intensity

Fitness Testing



Components of physical fitness A.1

Mime these to your partner, can they guess correctly?

- Aerobic Endurance
- Muscular Endurance
- Flexibility
- Speed
- Muscular strength
- Body composition

Two types of fitness

- **Physical fitness**
 - Aerobic Endurance
 - Muscular Endurance
 - Flexibility
 - Speed
 - Muscular Strength
 - Body Composition
- **Skill related fitness**
 - Agility
 - Balance
 - Coordination
 - Power
 - Reaction time

Aerobic Endurance: Definition

- “Ability of the cardiorespiratory system to work efficiently. Supplying nutrients and oxygen to working muscles during sustained physical activity”
- Also known as:
 1. Aerobic Fitness
 2. Cardiorespiratory Endurance
 3. Cardiorespiratory Fitness

Cardiorespiratory system

- Breathe oxygen in
- Nutrients and oxygen transported around the body
- Removes waste (E.g.) Carbon Dioxide

Cardiorespiratory System

- Made from:
 - Cardiovascular system (Circulatory system - Heart, Blood and Blood Vessels)
 - AND
 - Respiratory system (Lungs and airways)

Why it's important in Sport

- Useful so the performer can “keep going”, without getting tired.
- Can perform more effectively during later stages when others are tired. Lots of goals are scored during the last 15 minutes of Football matches
- Sports ...



YEAR 11

UNIT 2	Unit 5	Unit 6
<p>Practical Sports Performance</p> <p>Use any 2 sports</p> <p>Video Analysis</p> <p>Practical</p>	<p>Training for Personal Fitness</p> <p>Research & Plan a 6 week Fitness Training Programme</p> <p>Coursework</p>	<p>Leading Sports Activities</p> <p>Attributes of successful leaders</p> <p>Plan & Organise a Primary Festival</p> <p>Review your leadership</p> <p>Coursework</p>

OUTCOME

- ▶ PASS Grade C
- ▶ MERIT Grade B
- ▶ DISTINCTION Grade A



- ▶ More Practical?
- ▶ 5PE lessons per week extra
- ▶ BTEC Sport tops
- ▶ What level am I studying at? What is BTEC worth?
- ▶ What can I do after this BTEC?
- ▶ Is 6th form an option? Can I carry on at Crestwood
- ▶ Should I consider what my friends suggest?
- ▶ Different environment (classroom based)
- ▶ Relationship with PE staff is important
- ▶ Responsibilities towards PE
- ▶ Future careers?