

Module 1	Module 2	Module 3
<p>Learning Intent for this module:</p> <p>Component 1</p> <p>Learners will explore the different types and provision of sport and physical activity available for different types of participants, barriers to participation and ways to overcome these barriers to increase participation in sport and physical activity.</p> <p>They will gain an understanding of the different providers of sport and careers that are available in each area. This will also develop their knowledge of different types of sports and how suitable they are for certain groups of people. The context of sport in general society will then be explored to demonstrate progression routes and identify realistic job opportunities.</p>	<p>Learning Intent for this module:</p> <p>Component 1</p> <p>Learners will also research equipment and technological advances in a chosen sport or physical activity.</p> <p>In this component, students will also explore how technology can enhance and develop performance in sport and physical activity. Technology can be used as a tool to enhance participation in sport and activity. This component investigates the benefits that technological advances have created in the sector and the potential limitations that technology may still have.</p>	<p>Learning Intent for this module:</p> <p>Component 1&2</p> <p>Learners will explore how to prepare for participation in sport and physical activity.</p> <p>It is important to have a healthy body to be successful in sport and activities. This component focuses on the impact of sport and activity on the body systems, giving students the fundamental underpinning knowledge for study in this sector. They will study the short- and long-term effects of regular participation in exercise to understand how they can enhance their body systems through sport. In this component, students will develop transferable skills, such as research and analytical skills and opportunities to develop skills in the different technologies used in sport and activity.</p> <p>Component 2</p> <p>Students will investigate the components of fitness and their effect on performance and take part in practical sport. This component introduces students to the different components of physical and skill-related fitness and how they impact on performance in a variety of different types of sports and physical activities.</p>
Key Content to be learned:	Key Content to be learned:	Key Content to be learned:

<p>Learning Outcome A: A1 Types and providers of sport and physical activities.</p> <ul style="list-style-type: none"> • Sports – competitive activities that involve physical exertion, have rules and regulations and a National Governing Body • Team sports, individual sports. • Benefits of taking part in sport • Outdoor activities • Benefits of taking part in outdoor activities • Physical fitness activities – activities to increase fitness. • Benefits of taking part in physical activities • Provision of sport and physical activity: • Characteristics of the sectors • Types and range of sport and physical activities provided • Types and range of equipment available, cost of participation • Access to different types of sport and physical activities. • Additional products or services to include creche facility, refreshment facilities, hire of equipment, access to sport sector professionals, e.g. sports therapist, personal. <p>A2: Types and needs of sport and physical activity participants.</p>	<p>Learning outcome B: Examine equipment and technology required for participants to use when taking part in sport and physical activity.</p> <ul style="list-style-type: none"> • The different types of equipment used to take part in sport and physical activities. • The different technology available for participation in different sport and physical activities. • Benefits and limitations of technology for sport and physical activity participation. <p>B1: Different types of sports clothing and equipment required for participation in sport and physical activity.</p> <p>B2: Different types of technology and their benefits to improve sport and physical activity participation and performance.</p> <ul style="list-style-type: none"> • A range of different types of technology and its use in sport and physical activity to improve performance and participant experience. <p>B3: The limitations of using technology in sport and physical activity.</p> <ul style="list-style-type: none"> • The limitations that technology can have for sport and physical activity participation. 	<p>Learning outcome C: Be able to prepare participants to take part in physical activity.</p> <ul style="list-style-type: none"> • The warm-up process that is required to prepare the body to take part in physical activity and the responses of the cardiorespiratory and musculoskeletal systems at each stage of the warm-up. • Plan and deliver warm-ups for different physical activities and for different types of participants. <p>C1: Planning a warm-up</p> <ul style="list-style-type: none"> • The types of activities that should be included in a pulse raiser, a mobiliser and preparation stretch and be able to plan a warm- up to cover each component. • How the cardiorespiratory and musculoskeletal systems respond to each component of a warm-up. <p>C2: Adapting a warm-up for different categories of participants and different types of physical activities.</p> <ul style="list-style-type: none"> • Adapt warm-up activities to make them appropriate for the needs of different types of participant. • Make the activities in a warm-up specific to different types of physical activity. <p>C3: Delivering a warm-up to prepare participants for physical activity.</p>
--	--	--

<ul style="list-style-type: none"> • Characteristics of different types of participant and how this affects their different physical, social and mental health needs. <p>A3: Barriers to participation in sport and physical activity for different types of participants.</p> <ul style="list-style-type: none"> • Barriers to participation that can prevent some types of participant from taking part in regular sport and physical activity <p>A4 Methods to address barriers to participation in sport and physical activity for different types of participant Learners will understand how different methods can be used to address these barriers to participation for different types of participant to increase participation in regular sport and physical activity.</p>		<ul style="list-style-type: none"> • Deliver the different component of a warm-up to prepare participants to take part in physical activity. <p>Component 2: Understand how different components of fitness are used in different physical activities.</p> <p>Learning outcome A: Understand how different components of fitness are used in different physical activities.</p> <ul style="list-style-type: none"> • Components of physical and skill-related fitness. • How the components of fitness are used in team sports, individual sports, outdoor activities and physical fitness activities. • How the components of fitness impact on performance. <p>A1: Components of physical fitness.</p> <ul style="list-style-type: none"> • Definition of each component of physical fitness and their potential impact on sporting performance. <p>A2: Components of skill-related fitness.</p> <ul style="list-style-type: none"> • Definition of each component of skill-related fitness and understand their potential impact on sporting performance.
<p>Key Tasks for this module:</p> <ol style="list-style-type: none"> 1. Explore what governs sports (NGBs) and the different nature of sports. Individual 	<p>Key tasks for this module:</p> <ol style="list-style-type: none"> 1. Using selected sports, identify the equipment needed to ensure the safe 	<p>Key tasks for this module:</p>

<p>sports and team sports and the benefits of taking part in these activities for overall health (thought shower task).</p> <ol style="list-style-type: none"> 2. Explore provision in local towns and cities in all sectors, and participation rates in these areas based on the provision available (research task). 3. Characteristics of the participant – pupils given a specific participant group and research the barriers to their participation (information leaflet research task). 4. Learners will use knowledge acquired to select suitable physical activities for the case study provided considering provision available. (assignment task 1) 	<p>participation in these sports (research task).</p> <ol style="list-style-type: none"> 2. Presentation – uses for technology in sport (debate task). 3. Presentation – uses against (limitations) using technology in sport (debate task). 4. Use knowledge acquired to select and discuss how technology would affect provision for the case study person – assignment task 2. 	<ol style="list-style-type: none"> 1. Demonstrate practical delivery, communication and planning, producing a warm-up plan. 2. Demonstration of the warm up. Practical activity and assignment task 3. 3. Explore physical components of fitness in selected sports (case study task). 4. Explore skill related components of fitness in selected sports (scaffolded questioning task).
---	--	---