

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 activities. Learners are encouraged to participate in each of these different types of sport and physical activity so that they have first-hand experience of participation in the sport and physical activity. Learners will understand the different sectors that provide sport and physical activities. They will also understand the advantages and disadvantages of each of these sectors. They will also learn about the different categories and characteristics of participants and how their needs will affect the types of sports and physical activities and providers of each which are best suited to their needs</p> <p>Learners will understand the different types of equipment used to take part in sport and physical activities. They will also explore the different technology available for participation in different sport and physical activities. They will also need to know about the benefits and limitations of technology for sport and physical activity participation</p>	<p>Learning Intent for this module:</p> <p>Component 1</p> <p>Learners will learn about 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. Learners will be able to plan and deliver warm-ups for different physical activities and for different types of participant.</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>	<p>Learning Intent for this module:</p> <p>Component 2</p> <p>Learners will explore different sports that will be performed, as well as isolated skills and competitive practices that will be performed, including exploring the official roles and responsibilities in these sports, and how rules are applied.</p> <p>Learners will discuss how video evidence will be collated, and what skills and competitive practices will need to be shown in their videos</p> <p>Learners will explore the different skills required for participation and the different strategies that can be used to develop performance. Having a good understanding of the rules of sport is important for both participant and officials. You will learn about the different types of official and their roles in different sports and the rules of the different sports</p>
<p>Key Content to be learned:</p> <p>Component 1</p>	<p>Key Content to be learned:</p> <p>Component 1</p>	<p>Key Content to be learned:</p> <p>Component 2</p>

<p>Learning Outcome A: Explore types and provision of sport and physical activity for different types of participant.</p> <p>A1 Types and providers of sport and physical activities. A2: Types and needs of sport and physical activity participants. A3: Barriers to participation in sport and physical activity for different types of participants. A4 Methods to address barriers to participation in sport and physical activity.</p> <p>Learning outcome B: Examine equipment and technology required for participants to use when taking part in sport and physical activity.</p> <p>B1: Different types of sports clothing and equipment required for participation in sport and physical activity. B2: Different types of technology and their benefits to improve sport and physical activity participation and performance. B3: The limitations of using technology in sport and physical activity.</p>	<p>Learning outcome C: Be able to prepare participants to take part in physical activity</p> <p>C1: Planning a warm-up C2: Adapting a warm-up for different categories of participants and different types of physical activities. C3: Delivering a warm-up to prepare participants for physical activity.</p> <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> <p>A1: Components of physical fitness. A2: Components of skill-related fitness.</p>	<p>Learning outcome B: Be able to participate in sport and understand the roles and responsibilities of official</p> <p>B1: Techniques, strategies and fitness required for different sports B2: Understand the key responsibilities associated with each of these roles: Referee, umpire, judge, scorer, time-keeper, line judge, video review officials. Responsibilities: fitness requirements, appearance, equipment, effective communication, health and safety. B3: Rules and regulations in sports</p>
<p>Assessment for this module:</p> <p>1. Practice case study – Samantha. Considering the type of activity, type of provision for selected activity, barriers to participation and ways of overcoming barriers. (mock practise for task 1 of PSA 1)</p>	<p>Assessment for this module:</p> <p>1. Produce 3-part warm-up including pulse-raiser. mobiliser and stretching that is appropriate for the individual in question (Samantha) (mock practise for task 3 of PSA1)</p>	<p>Assessment for this module:</p> <p>1. Demonstrate practical skills in isolation and competitive practices (practical key task, practising key concepts for task 2 of PSA 2) 2. Explore physical components of fitness in team sports, identify isolated skills to be performed in</p>

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<ul style="list-style-type: none">2. Produce PowerPoint about equipment/clothing/technology needed for one of the chosen activities for the participant. Justify rationale behind using that equipment/clothing/technology. (mock practise for task 2 of PSA 1)3. Practise case study – Amad. Considering the type of activity, type of provision for selected activity, barriers to participation and ways of overcoming barriers. (recap task 1, further practise of this for PSA1)	<ul style="list-style-type: none">2. Practise warm up delivery: Lead planned warm up, taking into account organisation, space, equipment, instructions, feedback etc. (mock practise for task 3 part 2 of PSA 1)3. COF needed in individual sport. Including definitions and rationale behind why COF are needed in the chosen sport. (mock practise of task 1 of PSA 2)	<p>chosen sport, including tactics and strategies used (further mock practise for tasks 1&2 of PSA 2)</p> <p>3. Produce PowerPoint exploring officials roles and responsibilities in your chosen sport (mock practice for task 3 of PSA 2)</p>
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