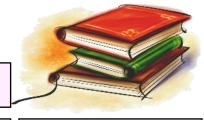
Anita Bean- The complete Guide to Sports Nutrition

Handbook of Physical Education - Kirk

Fitness for Sport Hazeldine R



## Physical Education Learning Journey



http://www.1st4sport. com/

BTEC Level 2 Firsts in Sport Student Book - Barsby

http://www.acsm.org/

Explore the importance of fitness for sports performance.

Investigate fitness testing to determine fitness levels

Fitness training methods for skill related components of fitness

Investigate fitness programming to improve fitness and sports

BYRON SIXTH FORM COLLEGE

**Demonstrate** ways to improve participants sporting techniques.

Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity -Component 3

Taking Part and Improving Other Participants Sporting Performance - Component 2

Preparing Participants to Take Part in Sport and Physical Activity - Component 1

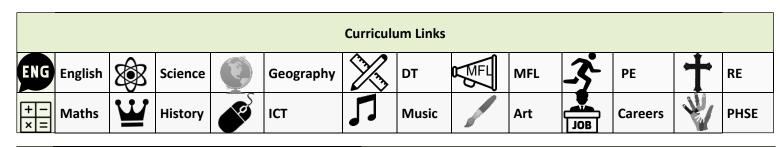
Be able to participate on sport and understand the roles and responsibilities of officials

**Understand how** different components of fitness are used in different physical activities

Examine equipment and technology required for participants to use when taking part in sport and physical activity

Explore types and provision of sport and physical activity for different types of participant

**BTEC Award Sport Badminton Athletics** Badminton Athletics Football Football Health and Rounder's Health and Rounder's Netball Netball **Fitness Fitness** Trampol **Trampoline** A, C, D A, C, D A, C, D A, C, D **Athletics** Rounder's **Badminton Football** A, C, D **Athletics Health and Fitness Netball** Rounder's Dance **Trampoline Badminton Orienteering Health** and A, B, C, D A, C, D A, C, D **Fitness** Dance A, B, C, D **Orienteering Badminton** Football Football **Athletics Health and Fitness** Netball Netball Rounder's Trampoline 🔵 Dance **Trampoline Orienteering** A, B, C, D A, C, D A, C, D



A, C, D

	Physical Education Content			
Α	Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games	В	Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems	
С	Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best	D	Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best	

Key Concepts						
Components of Fitness		Anatomy and Physiology				
Fitness Testing		Practical Sports Performance				
Fitness Training		Leadership				