

BTEC Sport and Active Leisure

Week 1

Week commencing 29th June 2020



Meadow Park
Patience, Guidance and Determination

Teacher instructions

For lesson 1 & 2 each week

- Read through the web pages on each topic, then attempt the multiple choice questions by clicking the test icon, you can have as many goes as you like.
- Once you feel like you understand the topic please attempt produce a PowerPoint presentation with two or three slides for of each topic · Images, quotes, facts about each topic should be included in these information slides ·
- Remember to make this resource BOLD, COLOURFUL, EYE-CATCHING and INFORMATIVE · All of this information will come in really useful when we return and complete the four remaining units next year.

For lesson 3 & 4 each week

- On the 'WE ARE TEACHERS' website there is a list of physical activities for pupils to participate in. Pupils can scroll down the page and select an activity by clicking on the link, by clicking on the link pupils will be taken to a YouTube page where they can again select a fitness, yoga or dance activity to participate in. Although I have only input links on the day's pupils are timetabled to have PE it is recommend that pupils use this once a day to ensure they participate in recommend amount of at least 30 minutes of physical exercise per day.
- Take part in a live fitness session. · After the session write down how you feel both physically and mentally. · Think about how taking part in a fitness session can improve your mental health. Try taking your heart rate both before and after, note down the difference and think about why this is happening. Think about how taking part in sport can have a positive effect on general health and well-being.

Lesson 1

WEBSITE/LINK	TOPIC/THEME
https://www.bbc.co.uk/bitesize/guides/zwbfg82/revision/1	<p>Movement analysis in sport</p> <ul style="list-style-type: none"> • How are levers formed in the body? • How many types of leavers are there in the body? • What are the advantages and disadvantage of leavers for the body? • What are the three planes and axes of movement?

Lesson 2

WEBSITE/LINK	TOPIC/THEME
https://www.bbc.co.uk/bitesize/guides/zpd9j6f/revision/1	<p>Classification of skill</p> <ul style="list-style-type: none"> • Give two examples of environmental continuum? • What are open and closed skills? • What are the two organisational continuums?

Lesson 3

WEBSITE/LINK	TOPIC/THEME
https://www.weareteachers.com/virtual-pe-classes/	<p>Practical fitness session</p> <ul style="list-style-type: none"> • Take part in a live fitness session. • After the session write down how you feel both physically and mentally. • Think about how taking part in a fitness session can improve your mental health

Lesson 4

WEBSITE/LINK	TOPIC/THEME
https://www.weareteachers.com/virtual-pe-classes/	<p>Practical fitness session</p> <ul style="list-style-type: none"> • Take part in a live fitness session. • Think about how taking part in sport can have a positive effect on general health and well-being.

Week 2

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Lesson 1

WEBSITE/LINK	TOPIC/THEME
https://www.bbc.co.uk/bitesize/guides/zs2jxsg/revision/1	<p>Mental preparation</p> <ul style="list-style-type: none"> • What are the mental features of a good warm up? • What helps to create an image? • Why does mental rehearsal help? • Name the two Preparation techniques?

Lesson 2

WEBSITE/LINK	TOPIC/THEME
https://www.bbc.co.uk/bitesize/guides/z8byrdm/revision/1	<p>Target setting</p> <ul style="list-style-type: none"> • How do personal best scores help athletes to set goals? • What are the SMART targets and examples in sport? • 'I will be a better runner in three months' time.' How could you turn this into a SMART target?

Lesson 3

WEBSITE/LINK	TOPIC/THEME
https://www.weareteachers.com/virtual-pe-classes/	<p>Practical fitness session</p> <ul style="list-style-type: none"> • Take part in a live fitness session. • After the session how has your breathing changed, think about the effect it has on your respiratory system.

Lesson 4

WEBSITE/LINK	TOPIC/THEME
https://www.weareteachers.com/virtual-pe-classes/	<p>Practical fitness session</p> <ul style="list-style-type: none"> • Before the session take your pulse and record how many times it beats in a minute. • Take part in a live fitness session. • After the session take your pulse again, look at the different heart rate and Think about the effects this session has on your cardio vascular system.

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Lesson 1

WEBSITE/LINK	TOPIC/THEME
https://www.bbc.co.uk/bitesize/guides/z93fg82/revision/1	<p>Ethical factors in sport</p> <ul style="list-style-type: none"> • What is sporting behaviour? • What is gamesmanship? • What are the Olympic and Para Olympic values? • Why does Deviant behaviour happen in sport?

Lesson 2

WEBSITE/LINK	TOPIC/THEME
https://www.bbc.co.uk/bitesize/guides/zptmp39/revision/1	<p>Observing and analysing performance</p> <ul style="list-style-type: none"> • What are the Types of performance analysis? • What does the technology monitors when analysing performance?

Lesson 3

WEBSITE/LINK	TOPIC/THEME
https://www.weareteachers.com/virtual-pe-classes/	<p>Practical fitness session</p> <ul style="list-style-type: none"> • Take part in a live fitness session • After the session record how your arms and legs felt when performing each exercise and as the session continued. • Think about what effect the session has on your muscular system.

Lesson 4

WEBSITE/LINK	TOPIC/THEME
https://www.weareteachers.com/virtual-pe-classes/	<p>Practical fitness session</p> <ul style="list-style-type: none"> • Take part in a live fitness session. • Think back over the last three weeks and then record any differences you have noticed in your body or mood from taking part in at least two fitness sessions during the week.