## Hard work beats talent, when talent doesn't work hard' **#GreenArmy**

## **BTEC PE LEARNING JOURNEY**







Component 1 or 2 assignment resubmissions



**GOAL SETTING** 



Benefits of motivation and goal setting

Resubmissions



Retake option for the component 3 exam

Interpreting test results



Warm ups and cool downs



Motivation techniques

> Individual needs



Protocols of fitness testing





Types of training to improve performance in sport



**Training Methods** 

The body's adaptations to training



Fitness Programming

Elements of a training





Training thresholds and intensities



Principles of **Training** 



needed in different sports

How components

of fitness are





Types of

Statistical analysis of performance



Tactics and strategies

Component 2 Assignment



**Improving Performance** Planning drills to

improve performance



**Rules and Regulations** 

**PowerPoint** on Technology



Component 1 Assignment

Videoed delivery of warm up



Skill related

omponents

of fitness

Responsibilities of officials

> Practical demonstration of officiating

Why do we have rules?

Using exam board context applying knowledge learnt in Year 9

Written report on provision 





Adapting warm ups for different needs

**Preparing for Activity** 

Delivering



**Physical** components of fitness



and

equipment

Sections of a

warm up



Clothing and footwear

Responses of the cardiorespiratory and musculoskeletal systems

Strengths and weaknesses of different types of providers



**Provision of Sport** 

Different needs of

participants



Testing to

measure our

Technology to improve performance



Barriers to participation and how to overcome these



Benefits of participating in physical activity



Role of National Governing bodies



