

Subject	Year 11 Threshold Concepts – Autumn Term	How to support students' learning
Level 2 BTEC Sport	<ul style="list-style-type: none"> • Students participate in 1 x theory and 1 x practical lesson a week <p><u>Component 3 Theory Delivery: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity – EXTERNAL EXAM:</u></p> <ul style="list-style-type: none"> • LEARNING OUTCOME A - RECAP: <ul style="list-style-type: none"> - The importance of fitness - Fitness training principles - Exercise intensity • LEARNING OUTCOME B: <ul style="list-style-type: none"> - Importance of fitness testing and the requirements - Fitness testing for physical components of fitness - Fitness testing for skill-related components of fitness - Interpreting results 	<p>Encourage your child to:</p> <ul style="list-style-type: none"> • Attend session 3 if support needed • Have the correct practical PE kit for every lesson • Recap and look over the concepts at home • Complete homework tasks • Complete independent research to help further knowledge and understanding by reading around topics • Reflect on progress in lessons and in end of topic tests and think about how students can encourage their own progress