

Subject	Year 11 content – Autumn Term	How to support students' learning
Btec Sport L2 Technical Award	Development of Physical Education within the continuing to develop physical literacy, confidence, teamwork, resilience and lifelong participation in physical activity. Sports Taught: Fitness, Swimming, Badminton, Netball, Football, Hockey	Encourage your child to: • Continue to attend session 3 sports/activities in areas that they both enjoy and may need to develop. • Practice outside of lessons • Take up opportunities to represent the school • Watch sports on TV, social media, you tube etc • Develop an understanding of the rules • Link theory to practical • Have the correct practical PE kit for every lesson
	Component 3 Theory Delivery: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity – EXTERNAL EXAM: • LEARNING OUTCOME A - RECAP: - The importance of fitness - - Fitness training principles Exercise intensity • LEARNING OUTCOME B: - Importance of fitness testing and the requirements Fitness testing for physical components of fitness Fitness testing for skill related components of fitness Interpreting results • LEARNING OUTCOME C: - Requirements for training methods - Fitness training methods for physical components of	Encourage your child to: • Attend session 3 support if needed • Have the correct equipment 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 • Read and understand the feedback given by teachers to enable students to identify how to make further progress • Complete coursework on time.

	fitness - Fitness training methods for skill-related components of fitness - Additional requirements for training methods - Provision for taking part - Effects of long-term fitness training on the body • LEARNING OUTCOME D: - Personal information to aid programme design - Fitness programme design - Motivation techniques Mock exam Component 1 resit preparation (if required)	
	Students will also have access to: Table Tennis, Basketball, Badminton, Netball, Football, Hockey, Swimming & Fitness These sports will be available during our session 3 programme.	Encourage your child to: • Attend session 3 clubs to increase access to these sports • Join external clubs or practice at home • Bring PE Kit