

Year 10 Subject BTEC SPORT

You need to be spending **3 hours** per week on this subject.

Activity to complete:

Attendance to the Live Lesson and full participation in all content given by the teacher delivering.

Remote tasks to further your progress. These will include revision based tasks, quizzes and exam style questions.

Both Live Lessons and Remote tasks will be specific to the Unit 1 Fitness Training and Testing. Please ensure you regularly check your personal email account for links to tasks.

Work to be submitted to your teacher:

Answers to revision based tasks, quizzes and exam style questions.

Method of submission and deadline:

Submitted by email.

Deadline 1: Monday 11th January – components of fitness

Deadline 2: Friday 15th January - methods of training

Websites, accessible on a Smartphone, useful to support further understanding:

Quizlet:

For flash cards

<https://quizlet.com/28185620/btec-level-2-unit-1-fitness-for-sport-flash-cards/>

Resources (previously handed out/copies to be emailed out):

Revision cards, posters and knowledge organisers