Foxford Learning Plan

YEAR 10

Topic: Component 1 LOA

Autumn 1

Key Vocabulary

Team Sports	Sports played as a team, cannot be played individually
Individual Sports	Sports where the participant can play on their own against an opponent
National Governing Bodies	Organisations that govern and regulate Sport
Hypertension	High Blood pressure
Body Composition	Ration of Fat mass to fat free mass in the body
Public Sector	Provision that is provided by the government
Private Sector	Sport is provided by individuals and companies to make a profit
Voluntary Sector	Provision of sport requiring people to volunteer their time

Key Skills

Over the course of the topic, I will be able to: -
Identify the benefits of taking part in sport and physical activity
Know the advantages and disadvantages of the three types of sports provision
Identify barriers to participation and come up with methods to overcome these barriers
Assess a case study and recommend sports and physical activities that meet the needs of individuals

I will Understand

1. The differences in types of sport and physical activity
2. How physical activity can improve physical, mental and social well-being
3. The government recommendations for sport and physical activity participation
4. How sports providers can reduce barriers to participation based around cost, access, time personal and cultural barriers
5. How I will be assessed in this part of Component 1