



BTEC SPORT



Personalised Learning Checklist

Name: _____

Exam Board	Pearson Btec
Topic/Module	Component 2

My target grade is	
Group	

My current Grade is:	Autumn:	Spring:	Summer:
----------------------	---------	---------	---------

Use this checklist before your assessment to focus your work and after to check the effectiveness of your work.

G	I am confident about this topic, and I know what I need to do.
A	I am not too sure about this topic. I may need to check with my teacher and spend more time working on this topic.
R	I am not confident I could answer a question on this topic. I need to check with my teacher and ensure I have what I need to do it.

Week	Topic/Unit Focus			
		R	A	G
	Learning outcome A- TASK 1:			
	Define each of the component of physical fitness.			
	Know the potential impact components of physical fitness have on sporting performance.			
	Define each of the components of skill related fitness			
	Know the potential impact components of skill-related fitness have on sports performance.			
	Learning outcome B- TASK 2:			
	Techniques, strategies and fitness required in different types of sports.			
	Types of officials in sport.			
	Responsibilities officials have in sport.			
	Rules and regulations within sport- as stated by the Governing bodies.			
	Learning outcome C- TASK 3:			
	Planning drills: Improving a sport specific skill- types of drills.			
	Planning drills: Conditioned practices.			
	Planning drills: Demonstrations of the technique.			
	Planning drills: teaching/coaching points.			
	Planning drills: Organisation & demonstration of drills and conditioned practices.			
	Assessment Practice- Delivering drills.			

Therapy (Interventions)
Additional Support / Guidance