

Year 10 BTEC Sport - Component 2 – Knowledge Questions

Learning outcome A - Understand how different components of fitness are used in different physical activities.

A1 – Components of Physical Fitness

1. Identify the 6 physical components of fitness
2. Describe the physical component of aerobic endurance
3. Describe the physical component of muscular endurance
4. Describe the physical component of muscular strength
5. Describe the physical component of speed
6. Describe the physical component of flexibility
7. Describe the physical component of body composition

A2 – Components of Skill-Related Fitness.

1. Identify the 5 skill components of fitness
2. Describe the skill component of balance
3. Describe the skill component of co-ordination
4. Describe the skill component of reaction time
5. Describe the skill component of agility
6. Describe the skill component of power

Learning outcome B: Be able to participate in sport and understand the roles and responsibilities of officials.

B1 – Techniques, strategies and fitness required for different sports.

1. Understand *how* to perform 3 selected skills in isolated practice in {teacher selected sport}
2. Understand *how* to apply strategies and tactics to outwit opponents in {teachers selected sport}.
3. Apply skills and strategies/tactics appropriately to a competitive situation.

B2 – Officials in a selected sport {same sports as B1}.

1. What is the role of a referee/umpire?
2. What is the role of assistant referees/umpires
3. Who is responsible for keeping score?
4. What is the role of a judge?
5. What is the role of a timekeeper?
6. What is the role of video review officials?
7. How does the official dress?
8. What equipment does the official require?
9. Explain the fitness requirements of the official.
10. Explain how the official needs to demonstrate effective communication.
11. How does the official maintain control of players?
12. What are the key health and safety considerations that official has to make?

B3 – Rules and Regulations in Sport {same sport as B1}

1. Explain what a National Governing Body is.
2. Outline rules regarding the number of players each team will have available.
3. Outline the key timings of a game.
4. Explain the scoring system.
5. Identify pitch dimensions
6. Identify the equipment required for participation including: health and safety.
7. Identify appropriate sizing of equipment for a selected age of participant.
8. Outline rules regarding starting and re-starting of game play.
9. Outline the specific rules of game play and the procedure for non-adherence.
10. Describe the application of rules by the officials e.g., signals.

Learning outcome C: Demonstrate ways to improve participants sporting techniques

C1 - Planning drills and conditioned practices to develop participants sporting skills.

1. Plan drills that can be used to develop specific techniques in a selected sport.
2. Understand the difference between opposed and un-opposed situations.
3. Understand the difference between passive and static contested situations.
4. Understand that a conditioned practice is.
5. Understand the importance of positioning for a demonstration.

C2 – Drills to improve sporting performance.

Explain what planning considerations exist, such as:

1. Space and area available
2. Equipment needed
3. Organisation of participants
4. Timing.
5. Demonstrations
6. Positioning.