

Year 10 BTEC Revision Checklist

<u>Subject:</u> BTEC Sport	<u>Component 3</u>	<u>Duration: 1 Hour</u>
What to revise:	How to revise it	
Key Content A: Components of Fitness	Use the Ever learner. Use Lesson Notes. https://www.youtube.com/watch?v=At7zmq6eEE&pp=ygUVY29tcG9uZW50cyBvZiBmaXRuZXNz . (Components of Fitness).	
Fitness Testing	Use the Ever Learner	
Training Methods	Use the Ever Learner	
Training Processes	Use the Ever Learner	
Training Principles	Use the Ever Learner Principles of training (https://www.youtube.com/watch?v=1A5in5IUQ3A): how to apply the principles of training. Principles of training (https://www.youtube.com/watch?v=1A5in5IUQ3A): how to apply the principles of training.	
Key Content B: Fitness Testing and Procedures	Use the Ever learner. Use lesson notes. https://www.youtube.com/watch?v=jS8INiMelfI (Fitness Testing).	
Reliability and Validity.	Use the Everlearner. Use lesson notes.	
Physical Fitness Testing	Use the Ever Learner. https://www.youtube.com/watch?v=3xfxqN9GGYo&pp=ygUYcGh5c2NpYWwgZml0bmVzcyB0ZXN0aW5n .	
Skill Fitness Testing	Use Ever Learner. https://www.youtube.com/watch?v=JKOoal3Z17g&pp=ygUVc2tpbGwgZml0bmVzcyB0ZXN0aW5n .	
Normative Data	Use Ever Learner.	

<p><u>Key Content C:</u></p> <p>Physical Fitness Training</p>	<p>Use the Ever learner.</p> <p>Use lesson notes.</p>
<p>Skill Fitness Training</p>	<p>Use the Ever Learner.</p>
<p>Requirements and Provisions of Fitness Training.</p>	<p>Use the Ever Learner.</p>
<p>Effects of long-term fitness training.</p>	<p>https://www.bbc.co.uk/bitesize/guides/z367tyc/revision/2 (long-term fitness training effects).</p> <p>https://www.youtube.com/watch?v=mX6thvUns08 (Long-term fitness training).</p>