## HOLLAND PARK SCHOOL | 2025-2026

## Online Continuity Curriculum

## BTEC SPORT CONTIUITY CURRICULUM

Week Beginning	Lesson Title	Lesson Objective	Online Lesson Link	Any additional instructions? You must answer all of these questions in full sentences in your workbooks in addition to the 'Deliberate Practice' tasks on the slides
8/9	Lesson 1: Sport and NGBs	To know and understand NGBS role in sport	Lesson 1 - Sport and NGBs.pptx	<ol> <li>Slide 1. Write and the date and copy the title</li> <li>Slide 1. Complete the ROPE activity. Copy the questions and answer.</li> <li>Slides 2, 3 \$ 4. Read through the slides. Make notes if you wish.</li> <li>Slide 5. Answer the questions the 'checking for understanding – mini whiteboard' questions. Copy the questions and answer in your book.</li> <li>Slide 6. Read through this slide. make notes if you wish</li> </ol>

Lesson 2: Benefits of Playing sport  To understand the benefits of playing sport  in sport.pg	answer the question. You may copy the text to help you get started, then apply your knowledge from the slides to help you answer.  Benefits of taking part  2. Slide 1. Write and the date and copy the title 2. Slide 1. Complete the ROPE activity. Copy the questions and answer. 3. Slides 2, 3 \$ 4. Read through the slides. Make notes if you wish. 4. Slide 5. Answer the questions the 'checking for understanding – mini whiteboard' questions.
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					6.	Copy the questions and answer in your book.  Slides 6 & 7. Read through the slides. make notes if you wish  Slide 8. Answer the questions the 'checking for understanding – mini whiteboard' questions.  Copy the questions and answer in your book.  Slide 9. Read and copy the question which is in the yellow box. Then answer the question.  You may copy the text to help you get started, then apply your knowledge from the slides to help you
						to help you get started, then apply your
Lesson Provision	3: 5	Sports	To know the different types of sports provision providers	Lesson 3 Sports provision.pptx	1.	Slide 1. Write and the date and copy the title

		2. Slide 1. Complete the
		ROPE activity. Copy the
		questions and answer.
		3. <b>Slides 2, 3, 4 &amp; 5</b> . Read
		through the slides. Make
		notes if you wish.
		4. Slide 6. Answer the
		questions the 'checking
		for understanding – mini
		whiteboard' questions.
		Copy the questions and
		answer in your book.
		5. <b>Slide 7</b> . Read through
		this slide. make notes if
		you wish
		6. Slide 8. Answer the
		questions the 'checking
		for understanding – mini
		whiteboard' questions.
		Copy the questions and
		answer in your book.
		7. Slide 9. Read, copy and
		answer the questions
		which are in the yellow
		box.
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15/9	Lesson 4: Participation	To know different	Lesson 4 Participation groups	1. <b>Slide 1</b> . Write and the
	groups and barriers	participation groups in sport	and barriers.pptx	date and copy the title
				2. <b>Slide 1</b> . Complete the
				ROPE activity. Copy the
				questions and answer.
				3. <b>Slides 2, 3, 4 &amp; 5</b> . Read
				through the slides. Make
				notes if you wish.
				4. Slide 6. Answer the
				questions the 'checking
				for understanding – mini
				whiteboard' questions.
				Copy the questions and
				answer in your book.
				5. <b>Slide 7</b> . Read through
				this slide. make notes if
				you wish
				6. <u>Slide 8</u> . Answer the
				questions the 'checking
				for understanding – min
				whiteboard' questions.
				Copy the questions and
				answer in your book.
				7. <u>Slide 9</u> . Read and copy
				the question which is in
				the yellow box. Then
				answer the question. Do
				the same with the
				second question.

Lesson 5:	Barriers to	To know barriers to sport and	Lesson 5 Barriers to sport.pptx	1.	Slide 1. Write and the
Sport	Darriers to	exercise	<u> </u>		date and copy the title
				2.	Slide 1. Complete the
					ROPE activity. Copy the
					questions and answer.
				3.	Slides 2, 3, 4 & 5. Read
				,	through the slides. Make
					notes if you wish.
				4.	Slide 6. Answer the
				•	questions the 'checking
					for understanding – mini
					whiteboard' questions.
					Copy the questions and
					answer in your book.
				5.	
					the question which is in
					the yellow box. Then
					answer the question.
					You may copy the text
					to help you get started,
					then apply your
					knowledge from the
					slides to help you
					answer.
				6.	Slides 8 & 9. Read
					through the slides Make
					notes if you wish.
				7.	Slide 10. Answer the
					questions the 'checking
					for understanding – mini

			whiteboard' questions. Copy the questions and answer in your book.  8. Slide 11. Read and copy the question which is in the yellow box. Then answer the question. You may copy the text to help you get started, then apply your knowledge from the slides to help you answer.
Lesson 6: Cultural and personal barriers	To know different cultural and person barriers to playing sport	Lesson 6 Cultural and personal barriers.pptx	<ol> <li>Slide 1. Write and the date and copy the title</li> <li>Slide 1. Complete the ROPE activity. Copy the questions and answer.</li> <li>Slides 2 &amp; 3. Read through the slides. Make notes if you wish.</li> <li>Slide 4. Answer the questions the 'checking for understanding – mini whiteboard' questions. Copy the questions and answer in your book.</li> </ol>

				Slide 5. Read through this slide. make notes if you wish Slide 6. Answer the questions the 'checking for understanding – mini whiteboard' questions. Copy the questions and answer in your book.  Slide 7. Read and copy the question which is in the yellow box. Then answer the question. You may copy the text to help you get started, then apply your knowledge from the slides to help you answer.
22/9	Lesson 7: Methods to reduce barriers 1	To know methods to reduce barriers	Lesson 7 Methods to reduce barriers to participation 1.pptx	Slide 1. Write and the date and copy the title Slide 1. Complete the ROPE activity. Copy the questions and answer. Slides 2, 3, 4 & 5. Read through the slides. Make notes if you wish.

			5.	Slide 6. Answer the questions the 'checking for understanding – mini whiteboard' questions. Copy the questions and answer in your book. Slide 7. Read through this slide. make notes if you wish Slide 8. Answer the questions the 'checking for understanding – mini whiteboard' questions. Copy the questions and answer in your book. Slide 9. Read and copy the question which is in the yellow box. Then answer the question. You may copy the text to help you get started, then apply your knowledge from the slides to help you answer.
Lesson 8: Methods to reduce barriers 2	To know methods to reduce barriers	<u>Lesson 8 Methods to reduce</u> <u>barriers to participation 2.pptx</u>	1.	Slide 1. Write and the date and copy the title

	2.	Slide 1. Complete the
		ROPE activity. Copy the
		questions and answer.
	3.	Slides 2 & 3. Read
		through the slides. Make
		notes if you wish.
	8.	Slide 4. Answer the
		questions the 'checking
		for understanding – mini
		whiteboard' questions.
		Copy the questions and
		answer in your book.
	9.	<u>Slide 5</u> . Read through
		this slide. make notes if
		you wish
	10	Slide 6. Answer the
		questions the 'checking
		for understanding – mini
		whiteboard' questions.
		Copy the questions and
		answer in your book.
	11	Slide 7 & 8. Read and
		copy the question which
		is in the yellow box.
		Then answer the
		question. You may copy
		the text to help you get
		started, then apply your
		knowledge from the

			slides to help you answer.
Lesson 9: Disabled advances in technology	To understand advances in technology for disabled athletes	Lesson g Disabled advances technology.pptx	
			questions the 'checking for understanding – mini whiteboard' questions. Copy the questions and answer in your book.  13. Slide 5 & 6. Read through the slides. make notes if you wish  14. Slide 7. Answer the
			questions the 'checking for understanding – mini whiteboard' questions. Copy the questions and answer in your book. 15. <u>Slide 8 &amp; g</u> . Read and copy the question which is in the yellow box.

				Then answer the question. You may copy the text to help you get started, then apply your knowledge from the slides to help you answer.
29/9	Lesson 10: Clothing in sport	To understand how sports clothing has evolved over time	Lesson 10 Clothing.pptx	<ol> <li>Slide 1. Write and the date and copy the title</li> <li>Slide 1. Complete the ROPE activity. Copy the questions and answer.</li> <li>Slides 2, 3 \$ 4. Read through the slides. Make notes if you wish.</li> <li>Slide 5. Answer the questions the 'checking for understanding – mini whiteboard' questions. Copy the questions and answer in your book.</li> <li>Slide 8. Read and copy the question which is in the yellow box. Then answer the question. You may copy the text to help you get started, then apply your knowledge from the</li> </ol>

			slides to help you answer.
Lesson 11: Equipment for sports performance 1	To understand how sports equipment has evolved over time	Lesson 11 Equipment for sports performance 1.pptx	<ol> <li>Slide 1. Write and the date and copy the title</li> <li>Slide 1. Complete the ROPE activity. Copy the questions and answer.</li> <li>Slides 2, 3 \$ 4. Read through the slides. Make notes if you wish.</li> <li>Slide 5. Answer the questions the 'checking for understanding – mini whiteboard' questions. Copy the questions and answer in your book.</li> <li>Slide 6 &amp; 7. Read through these slides. make notes if you wish</li> <li>Slide 8. Answer the questions the 'checking for understanding – mini whiteboard' questions. Copy the questions and answer in your book.</li> <li>Slide 9. Read and copy the question which is in the yellow box. Then</li> </ol>

			answer the question. You may copy the text to help you get started, then apply your knowledge from the slides to help you answer.
Lesson 12: Equipment sports for performance 2	To understand how sports equipment has evolved over time	Lesson12 Equipment for sports performance 2.pptx	<ol> <li>Slide 1. Write and the date and copy the title</li> <li>Slide 1. Complete the ROPE activity. Copy the questions and answer.</li> <li>Slides 2, 3, 4, &amp; 5. Read through the slides. Make notes if you wish.</li> <li>Slide 6. Answer the questions the 'checking for understanding – mini whiteboard' questions. Copy the questions and answer in your book.</li> <li>Slide 7 &amp; 8. Read through these slides. make notes if you wish</li> <li>Slide 9. Answer the questions the 'checking for understanding – mini whiteboard' questions.</li> </ol>

1	<u>'</u>	
		Copy the questions and
		answer in your book.
	7.	<b>Slide 10 &amp;11</b> . Read
		through these slides.
		make notes if you wish
	8	Slide 12. Answer the
		questions the 'checking
		for understanding – mini
		whiteboard' questions.
		Copy the questions and
		answer in your book.
	9	Slide 13 & 14. Read
		through these slides.
		make notes if you wish
	10	o. <u><b>Slide 15</b></u> . Answer the
		questions the 'checking
		for understanding – mini
		whiteboard' questions.
		Copy the questions and
		answer in your book.
	1:	<u>Slide 16</u> . Read and copy
		the question which is in
		the yellow box. Then
		answer the question.
		You may copy the text
		to help you get started,
		then apply your
		knowledge from the
		slides to help you
		answer.

6/10	Lesson 13: Equipment	To understand how sports	Lesson 13 Equipment for sports	1.	Slide 1. Write and the
•	sports for performance	equipment has evolved over	performance 3.pptx		date and copy the title
	3	time		2.	Slide 1. Complete the
					ROPE activity. Copy the
					questions and answer.
				3.	Slides 2, 3, 4, 5 & 6.
					Read through the slides.
					Make notes if you wish.
				4.	Slide 7. Answer the
					questions the 'checking
					for understanding – mini
					whiteboard' questions.
					Copy the questions and
					answer in your book.
				5.	Slide 8, 9, 10 & 11.
					Read through these
					slides. make notes if you
				_	wish
				6.	Slide 12. Answer the
					questions the 'checking
					for understanding – mini
					whiteboard' questions.
					Copy the questions and
					answer in your book.
				7.	Slide 12. Read and copy
					the question which is in
					the yellow box. Then
					answer the question.
					You may copy the text

			to help you get started, then apply your knowledge from the slides to help you answer.
Lesson 14: Barriers to technology	To know different barriers to sports technology advances	Lesson 14 Barriers to technology.pptx	<ol> <li>Slide 1. Write and the date and copy the title</li> <li>Slide 1. Complete the ROPE activity. Copy the questions and answer.</li> <li>Slides 2, 3, 4 &amp; 5. Read through the slides. Make notes if you wish.</li> <li>Slide 6. Answer the questions the 'checking for understanding – mini whiteboard' questions. Copy the questions and answer in your book.</li> <li>Slide 7. Read and copy the question which is in the yellow box. Then answer the question. You may copy the text to help you get started, then apply your knowledge from the</li> </ol>

					slides to help you answer.
Lesson 1 Stage 1	15: Warmup	To know how to use a pulse raiser to warmup	Lesson 15 Warmup stage 1.pptx		
		, , , , , , , , , , , , , , , , , , ,		1.	
					date and copy the title
				2.	Slide 1. Complete the
					ROPE activity. Copy the
					questions and answer.
				3.	Slides 2, 3, 4 & 5. Read
					through the slides. Make
					notes if you wish.
				4.	Slide 5. Answer the
					questions the 'checking
					for understanding – mini
					whiteboard' questions.
					Copy the questions and
					answer in your book.
				5.	
					through the slides. Make
				6	notes if you wish
				6.	Slide 10. Answer the
					questions the 'checking
					for understanding – mini
					whiteboard' questions.
					Copy the questions and
					answer in your book.
				7.	
					through the slides. Make
					notes if you wish

					Slide 14. Answer the questions the 'checking for understanding – mini whiteboard' questions. Copy the questions and answer in your book.  Slide 15. Read and copy the question which is in the yellow box. Then answer the question. You may copy the text to help you get started, then apply your knowledge from the slides to help you answer.
13/10	Lesson 16: Warmup Stage 2	To know how to use mobilisation activities to warmup	Lesson 16 Warm up Stage 2.pptx	2.	Slide 1. Write and the date and copy the title Slide 1. Complete the ROPE activity. Copy the questions and answer. Slides 2, 3, 4 & 5. Read through the slides. Make notes if you wish. Slide 6. Answer the questions the 'checking for understanding – mini whiteboard' questions.

			Copy the questions and answer in your book.  5. Slide 7. Read and copy the question which is in the yellow box. Then answer the question. You may copy the text to help you get started, then apply your knowledge from the slides to help you answer.
Lesson 17: Warmup Stage 3	To know how to use preparation stretches to warmup	Lesson 17 Warm-up stretching stage 3.pptx	<ol> <li>Slide 1. Write and the date and copy the title</li> <li>Slide 1. Complete the ROPE activity. Copy the questions and answer.</li> <li>Slides 2, Read through the slide. Make notes if you wish.</li> <li>Slide 3. Read through the slide. Copy the drawing of the human body.</li> <li>Slide 4 - Label the diagram that you have drawn for slide 3</li> </ol>

			6	<b>Slide 5, 6 &amp; 7</b> . Read
			0.	through these slides.
				Make notes if you wish.
			7.	Slide 8. Answer the
			/.	questions the 'checking
				for understanding – mini
				whiteboard' questions.
				Copy the questions and
			0	answer in your book.
			٥.	Slide 9. Read and copy
				the question which is in
				the yellow box. Then
				answer the question. You may copy the text
				to help you get started,
				then apply your
				knowledge from the
				slides to help you
Lesson 18: Organising a	To understand how to			answer.
3 3	organise a warmup	Lesson 18 Organising a warm		aliswei.
warmup	organise a warmop			
		up.pptx	-	Slide 1. Write and the
			1.	date and copy the title
			2	Slide 1. Complete the
			2.	ROPE activity. Copy the
				questions and answer.
			3.	Slides 2, 3 \$ 4. Read
			3.	through the slides. Make
				notes if you wish.
				Hotes II you wisii.

				5.	Slide 5. Answer the questions the 'checking for understanding – mini whiteboard' questions. Copy the questions and answer in your book.  Slide 6. Read through this slide. make notes if you wish  Slide 7. Answer the questions the 'checking for understanding – mini whiteboard' questions.  Copy the questions and answer in your book.  Slide 8. Read and copy the lesson plan. Fill this in for the three stages of the warmup.
20/10	Lesson 19: Adapting a warmup	To understand how to adapt a warmup	Lesson 19 Adapting a warmup.pptx	2.	Slide 1. Write and the date and copy the title Slide 1. Complete the ROPE activity. Copy the questions and answer. Slides 2, 3 \$ 4. Read through the slides. Make notes if you wish. Slide 5. Answer the questions the 'checking

			6.	for understanding – mini whiteboard' questions. Copy the questions and answer in your book.  Slide 6. Read through this slide. make notes if you wish  Slide 7. Answer the questions the 'checking for understanding – mini whiteboard' questions. Copy the questions and answer in your book.  Slide 8. Read and copy the question which is in the yellow box. Then answer the question. You may copy the text to help you get started, then apply your knowledge from the slides to help you answer.
Lesson 20: Components of skill- related and physical fitness 1	To know and understand the components of physical fitness	Lesson 20 Components of skill- related and physical fitness 1.pptx	1. 2.	Slide 1. Write and the date and copy the title Slide 1. Complete the ROPE activity. Copy the questions and answer.

	3. <b>Slides 2, 3 \$ 4</b> . Read
	through the slides. Make
	notes if you wish.
	4. Slide 5. Answer the
	questions the 'checking
	for understanding – mini
	whiteboard' questions.
	Copy the questions and
	answer in your book.
	5. <b>Slide 6 &amp; 7</b> . Read
	through the slides. Make
	notes if you wish
	6. Slide 8. Answer the
	questions the 'checking
	for understanding – mini
	whiteboard' questions.
	Copy the questions and
	answer in your book.
	7. <u>Slide 9</u> . Read and copy
	the question which is in
	the yellow box. Then
	answer the question.
	You may copy the text
	to help you get started,
	then apply your
	knowledge from the
	slides to help you
	answer.

			T
			1. Slide 1. Write and the
Lesson 21: Components	To know and understand the	Lesson 21 Components of skill-	date and copy the title
of skill-related and	components of skill-related	related and physical fitness	2. <u>Slide 1</u> . Complete the
physical fitness 2	fitness	2.pptx	ROPE activity. Copy the
			questions and answer.
			3. <b>Slides 2, 3 \$ 4</b> . Read
			through the slides. Make
			notes if you wish.
			4. Slide 5. Answer the
			questions the 'checking
			for understanding – mini
			whiteboard' questions.
			Copy the questions and
			answer in your book.
			5. <b>Slide 6 &amp; 7</b> . Read
			through the slides. Make
			notes if you wish
			6. Slide 8. Answer the
			questions the 'checking
			for understanding – mini
			whiteboard' questions.
			Copy the questions and
			answer in your book.
			7. <b>Slide 8 &amp; 9</b> . Read and
			copy the question which
			is in the yellow box.
			Then answer the
			question. You may copy
			the text to help you get
			started, then apply your

				knowledge from the slides to help you answer. Answer the question on slide 9 as well.
27/10	Lesson 22: Components of skill- related and physical fitness 3	To know and understand the components of skill-related fitness	Lesson 22 Skill related and physical fitness 3.pptx	<ol> <li>Slide 1. Write and the date and copy the title</li> <li>Slide 1. Complete the ROPE activity. Copy the questions and answer.</li> <li>Slides 2 &amp; 3. Read through the slides. Make notes if you wish.</li> <li>Slide 4. Answer the questions the 'checking for understanding – mini whiteboard' questions. Copy the questions and answer in your book.</li> <li>Slide 5. Read through this slide. make notes if you wish</li> <li>Slide 6. Answer the questions the 'checking for understanding – mini whiteboard' questions. Copy the questions and answer in your book.</li> <li>Slide 7. Read and copy the question which is in</li> </ol>

			the yellow box. Then answer the question. You may copy the text to help you get started, then apply your knowledge from the slides to help you answer.
Lesson 23: Nonadherence to sports rules	To know how and why rules are needed for sports events	Lesson 23 - Non adherence to rules.pptx	<ol> <li>Slide 1. Write and the date and copy the title</li> <li>Slide 1. Complete the ROPE activity. Copy the questions and answer.</li> <li>Slides 2 &amp; 3. Read through the slides. Make notes if you wish.</li> <li>Slide 4. Answer the questions the 'checking for understanding – mini whiteboard' questions. Copy the questions and answer in your book.</li> <li>Slide 5. Read through this slide. make notes if you wish</li> <li>Slide 6. Answer the questions the 'checking for understanding – mini</li> </ol>

	T	T	
			whiteboard' questions. Copy the questions and answer in your book.  7. Slide 7. Read and copy the question which is in the yellow box. Then answer the question. You may copy the text to help you get started, then apply your knowledge from the slides to help you answer.
Lesson 24: Skills and strategies	To know and be able to describe the uses of different skill and tactics	Lesson 24 skills and strategies.pptx	<ul> <li>16. Slide 1. Write and the date and copy the title</li> <li>17. Slide 1. Complete the ROPE activity. Copy the questions and answer.</li> <li>18. Slides 2, 3 \$ 4. Read through the slides. Make notes if you wish.</li> <li>19. Slide 5. Answer the questions the 'checking for understanding – mini whiteboard' questions. Copy the questions and answer in your book.</li> </ul>

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				20. Slide 6, 7 & 8. Read through this slide. make notes if you wish 21. Slide 9. Answer the questions the 'checking for understanding – mini whiteboard' questions. Copy the questions and answer in your book. 22. Slide 10. Read and copy the question which is in the yellow box. Then answer the question. You may copy the text to help you get started, then apply your knowledge from the
				slides to help you answer.
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		CHRISTMAS H	IOLIDAYS	

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MID YEAR ASSESSMENT					
		FEBRUARY H	ALF TERM		
		EASTER HO	LIDAYS		
MAY HALF TERM					

END OF YEAR ASSESSMENTS				