



Component 1A Year 10 Tech Award Sport



Key Vocabulary

- A1- Benefits to Sport**
1. Develop resilience
 2. Improve fitness
 3. Develop leadership skills
 4. Meet new people
 5. Learn teamwork skills
 6. Build self confidence from competition

- A1- Benefits to fitness**
1. Meet new people
 2. Set fitness goals
 3. Improve confidence
 4. Improve body composition
 5. Improve physical health

- A1- Benefits to OAA**
1. Positive risk taking activities
 2. Improved self confidence and self esteem
 3. Meet new people
 4. Learn new skills
 5. Time away from life stresses and electronic devices

- A2- Types of participants**
1. Children
 2. Adolescents
 3. Adults
 4. Older Adults
 5. Participants with disabilities
 6. Participants with long term health conditions.



- A2- Disabilities**
1. Visual – from loss of sight in one eye to complete blindness
 2. Hearing- hard of hearing to unable to hear at all
 3. Physical disabilities, e.g. Cerebral Palsy, Limb loss, Paralysis

- A3 – Barriers**
1. The **location**
 2. Limited **accessible** transportation
 3. **Family** can take time
 4. **School**- can take up time, energy and with homework and exams present a conflict
 5. **Work**- hours you work could mean no classes/sessions available, irregular work schedule



- A3 - Barriers**
1. Body Image
 2. Lack of self-confidence
 3. Parental or guardian influence
 4. Limited previous participation
 5. Low fitness levels
 6. Extended time off from previous participation

- **Sport** - Competitive activities that involve physical exertion, have rules and regulations and a National Governing Body (NGB) e.g., the FA
- **Provision**- the action of providing or supplying something for use
- **Outdoor Activities**- activities carried outdoors or in recreation areas that are adventurous
- **Public sector**- included local authorities and school provision
 - **Private sector**- provided by organisations that make a profit
- **Voluntary sectors**- activities provided by volunteers who have a common interest in the sport/activity.
 - **Disability** - a physical or mental condition that limits a person's movements, senses, or activities
- **Mental health** - refers to cognitive, behavioural, and emotional well-being. It is all about how people think, feel, and behave
- **Social health** - the ability of individuals to form healthy and rewarding interpersonal relationships with others
- **Cost** - Cost of taking part, transport and equipment can all lead to some people not participating in physical activity or sport
 - **Access** - the means or opportunity to approach or enter a place
 - **Time** - Time to take part in sport/PA can be impacted by other commitments(these vary dependent on the participation)
 - **Personal** - We can be affected personally by different things that prevent us from wanting to join in

Key Terminology

- Name /State**- simple knowledge recall
- Identify/Give** – need to assess factual information (short answer)
- Calculate**- require you to use mathematical skills
- Describe**- give details about key concepts/information
- Explain**- make a statement and justify it
- Discuss**- consider more than one aspect of the situation
- Evaluate**-consider both sides of a given situation or compare two options
- Analyse**- examine and interpret information to help answer the question