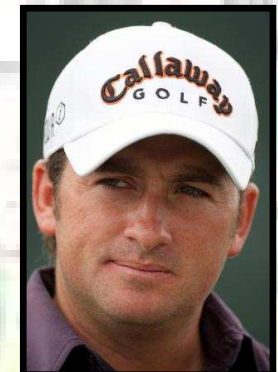
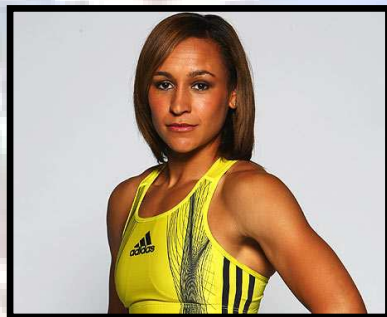


# SPORTS PERSONALITY OF THE YEAR AWARD

It's that time of year again and I make no excuses about using SPOTY again as it's great material for your BTEC programmes - at both level 2 & level 3

The suggestions on the following page should keep the learners well entertained during the whole of December - especially up to the vote on 19<sup>th</sup>

Before we start.....let's have a look at the contenders:



## Lesson 1

1. Get the learners to identify the contenders, name the sport they represent and give reasons why they have been nominated
2. See if the group want to add any other contenders - this time justifying why they should be included
3. Split the learners into small groups (allocating each group one of the contenders), getting each group to identify and describe the components of fitness required by either contender
4. The group then need to identify & describe the key techniques, skills & tactics their contender needs - giving examples of when they have applied them during 2010



## Lesson 2

1. Each group needs to describe the fitness requirements of their contender - giving examples of the type of training methods they will use to achieve the level of fitness needed to perform at the top
2. The groups then need to show how their contender has behaved appropriately during the year - giving examples of where they have portrayed their sport positively
3. Each group then needs to build up a psychological profile of their contender - identifying & describing the key psychological demands placed on them (and explaining how they may deal with them)



## Lesson 3

1. Each group needs to decide how best to present their information - something they may have discussed and decided upon during lesson 1.

### ALL THE AREAS COVERED IN LESSONS 1 & 2 NEED TO BE INCLUDED

2. Each group needs to present the information on their contender, trying to ensure they are selected as the SPOTY for 2010!
3. THE VOTE - the method of which to be decided by you!

MAKE SURE THE RESULTS ARE PUBLICISED THROUGHOUT THE SCHOOL - RAISING AWARENESS OF YOUR BTEC PROGRAMME WITHIN SCHOOL/COLLEGE

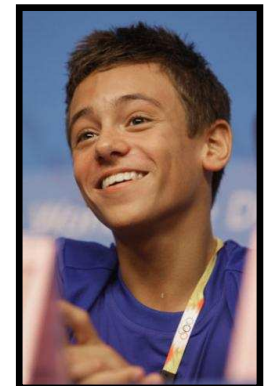
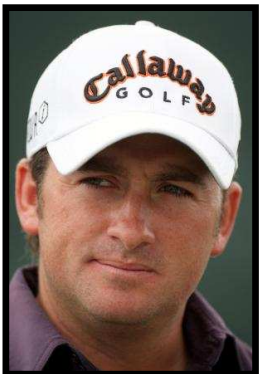


The most important aspects of the whole process should be that the learners have a positive end to their first BTEC term, have the opportunity to reinforce learning and, most importantly, have some **FUN!**

There will be numerous opportunities throughout the process to observe, record and feedback on the learners' understanding of many aspects of the programme content and their ability to apply various grading criteria.

There is a whole section on the BBC website dedicated to SPOTY - video material, numerous articles & loads of pictures....so why not check it out and get the learners to use it as the main (but not exclusive) source of information.

[http://news.bbc.co.uk/sport2/hi/tv\\_and\\_radio/sports\\_personality\\_of\\_the\\_year/default.stm](http://news.bbc.co.uk/sport2/hi/tv_and_radio/sports_personality_of_the_year/default.stm)



**ENJOY IT!**