

BTEC Sport

Year 10 – Unit 1: Fitness for Sport and Exercise; Unit 2: Practical Sports Performance

TERM 1 – Unit 1: Content	TERM 2 – Unit 1: Revision and Exam; Unit 2: Coursework	TERM 3 – Unit 2: Coursework	EXTENDED CURRICULUM
<p><i>Students will learn the content for the 5 topics in Unit 1: Fitness for Sport and Exercise. Theory will be taught through a combination of classroom based and practical lessons. They will complete regular assessments and receive feedback to continue to demonstrate and improve their knowledge. Topics include:</i></p> <ol style="list-style-type: none"> 1. <i>Components of physical and skill-related fitness.</i> 2. <i>Fitness Testing</i> 3. <i>Exercise Intensity</i> 4. <i>Principles of Training</i> 5. <i>Training Methods</i> 	<p><i>Students will complete the learning of content for Unit 1 and will prepare for their exam. The exam will take place mid-way through Term 2. This is a computer-based exam and contributes 25% to their overall BTEC grade.</i></p> <p><i>Following this, students will start Unit 2: Practical Sports Performance. In Term 2, they will focus on completing the following elements of their coursework:</i></p> <p><i>Sport 1 – Practical Performance Evidence</i></p> <p><i>Sport 1 – Assignment 1 (Rules and Regulations), Assignment 2 (Techniques and Tactics).</i></p>	<p><i>In Term 3, the completion of Unit 2 coursework continues. Pupils will receive regular feedback and support in completing this. The following elements are focused on during Term 3:</i></p> <p><i>Sport 1 – Assignment 3 (Performance Review)</i></p> <p><i>Sport 2 – Practical Performance Evidence</i></p> <p><i>Sport 2 – Assignment 1 (Rules and Regulations), Assignment 2 (Techniques and Tactics), Assignment 3 (Performance Review)</i></p>	<p>Students will be encouraged to attend extra-curricular clubs to develop their skills and tactical awareness in their chosen sports.</p> <p>Should students wish to obtain practical performance evidence in the sports we do not do during lesson time, they will need to be regularly training and competing outside school in their selected sport to independently gain video evidence.</p> <p>We run a weekly catch up session for pupils to receive additional support with revision and coursework. This is a voluntary session but is often used for targeted study support too.</p>

Assessment:

Each unit completed on the BTEC Sport course contributes 25% to the overall final BTEC Sport grade awarded at the end of Year 11.

For Unit 1, there will be a range of formative assessment tasks which take place to assess knowledge and application of content, followed by feedback from the class teacher. This includes an end of topic test for each of the 5 topics. The formal exam is taken on the computer, following full exam procedures. There is the opportunity to retake this later in the year, with the best grade from the two attempts being taken. We advise that pupils try their hardest to achieve the best grade possible in their first attempt, to avoid the retake process.

For Unit 2, practical performance is assessed during lessons and moderated through video evidence. We will do between 2-4 sports in lesson time (depending on the cohort size); should students wish to be assessed in different sports, they will need to gain video evidence independently, outside school. The coursework elements of Unit 2 are assessed through a combination of written reports, presentations and informal interviews. This provides the opportunity for students to demonstrate their knowledge in a variety of methods including written and verbal assessment. The type of assessment is flexible depending on the students' strengths.

BTEC SPORT

Year 11 – Unit 3: Applying the Principles of Personal Training; Unit 6: Leading Sports Activities

TERM 1 – Unit 6: Content & Coursework	TERM 2 – Unit 3: Content & Coursework	TERM 3 – Unit 3: Coursework	EXTENDED CURRICULUM
<p><i>Students will complete Unit 6 during Term 1, a combination of practical leadership assessment and written coursework. For this they will complete the following tasks:</i></p> <ul style="list-style-type: none"> • <i>Assignment 1: Attributes and Responsibilities of Successful Sports Leaders.</i> • <i>Assignment 2: Planning and Leading of a Sports Activity</i> • <i>Assignment 3: Review of your Session</i> 	<p><i>Students will initially complete any remaining elements of Unit 6, for example resubmission of work or their review of a session lead in Term 1.</i></p> <p><i>They will then start Unit 3, a unit involved the planning, completion and evaluation of a personal training programme.</i></p> <p><i>In Term 2, they will focus on:</i></p> <ul style="list-style-type: none"> • <i>Assignment 1: Training Programme Design</i> • <i>Assignment 2: The Body Systems and How They Respond to Training</i> • <i>Assignment 3: My Training Diary: Training for Success!</i> 	<p><i>Students will complete Unit 3 during Term 3 and we aim to have all work completed by May. This enables students to focus on their subjects which have exams in May/June.</i></p> <p><i>In Term 3, they will complete:</i></p> <ul style="list-style-type: none"> • <i>(Finish) Assignment 3: My Training Diary: Training for Success!</i> • <i>Assignment 4: Programme Review: What's Next?</i> 	<p>Students will be encouraged to attend extra-curricular clubs to develop their fitness and engagement in sport and exercise.</p> <p>We run a weekly catch up session for pupils to receive additional support with revision and coursework. This is a voluntary session but is often used for targeted study support too.</p>

Assessment:

Assessment in Year 11 is entirely coursework based, in both practical and written elements. Students will be required to lead a group in a sport of their choice, having planned a session carefully first. This is usually a key stage 3 group in the school to give a realistic format to the assessment. They will be supported by the class teacher and will not be responsible for managing behaviour. They will also be required to complete a training programme, aimed at improving an area of their fitness. This is usually done using the Comberton Gym and the facilities there. The practical assessment will be supplemented and supported by a series of written assignments. These two units contribute 25% to the overall BTEC Sport Grade.

At the end of Year 11, students will be awarded either a Level 1 Pass, Level 2 Pass, Level 2 Merit, Level 2 Distinction or Level 2 Distinction.*