

Curriculum Overview

Subject: BTEC Level ½ Tech
Award in Sport

Year Group: 11



Pupils will have the opportunity to develop applied knowledge and skills in the following areas: investigating provisions for sports including equipment and facilities to enhance sport, planning and delivery of sports sessions, and fitness for sport, including fitness testing and methodology.

Component 1 (30% of grade)

Component 2 (30% of grade)

Component 3 (40% of grade)

| TERM 1 | TERM 2 | TERM 3 |
|--|--|---|
| <p>KNOWLEDGE/SKILLS</p> <p>Component 2</p> <p>Task 1 – Demonstrating knowledge and understanding of components of fitness.</p> <p>Task 2 – Demonstrating skill in a selected sport in isolated practice, and skill and strategy in a competitive situation.</p> <p>Task 3 – Demonstrate knowledge and understanding of officials in sport and two key rules and regulations.</p> <p>Task 4 – Demonstrate knowledge and understanding of a sport and provide specific drills to improve participants sporting techniques.</p> <p>(Final coursework grade for Component 2 submitted in December)</p> | <p>KNOWLEDGE/SKILLS</p> <p>Component 3 (Exam)</p> <p>A – The importance of fitness for successful participation in sport, fitness testing principles, exercise intensity and how it can be determined.</p> <p>B – Importance of fitness testing and requirements for administration of each fitness test, fitness tests methods for components of physical fitness, fitness test methods for components of skill-related fitness, interpretation of fitness tests results.</p> <p>C – Requirements for each of the following fitness training methods, fitness training methods for physical components of fitness, fitness training for skill-related components of fitness, additional requirements for each training methods, provision for taking part in fitness training methods, the effects of long-term fitness training on the body systems.</p> | <p>KNOWLEDGE/SKILLS</p> <p>Component 3 (Exam)</p> <p>D – Personal information to aid fitness training programme design, fitness programme design, motivational techniques for fitness programming.</p> <p>Revision for exam.</p> <p>(Exam sat in May)</p> |
| <p>KEY ASSESSMENTS</p> <p>Half term 1: Supervised assessment of component 2 tasks 1, 2, 3. (Real coursework)</p> | <p>KEY ASSESSMENTS</p> <p>Half term 1: Assessment practice for learning outcome A (teacher marked)</p> | <p>KEY ASSESSMENTS</p> <p>Half term 1: Assessment practice for learning outcome D (teacher marked)</p> |

Half term 2: Supervised assessment of component 2 task 4. (Real coursework)

Assessment practice for learning outcome B (teacher marked)

Half term 2: Assessment practice for learning outcome C (teacher marked)

(PPE in March – Component 3 paper)

Extended reading suggestions and external resources:

<https://www.amazon.co.uk/Pearson-REVISE-Award-Sport-Revision/dp/129243614X>

https://www.amazon.co.uk/Pearson-REVISE-Award-Practice-Assessments/dp/1292436301/ref=pd_bxgy_thbs_d_sccl_1/257-9930138-5047832?pd_rd_w=Xuzhf&content-id=amzn1.sym.a08eede5-3393-433c-bbdb-c853fc4fd321&pf_rd_p=a08eede5-3393-433c-bbdb-c853fc4fd321&pf_rd_r=YY2BAH7346M5Q5Y98KK2&pd_rd_wg=ANsDO&pd_rd_r=b8c4d532-7d99-4e39-b901-a580cadf9c4c&pd_rd_i=1292436301&psc=1

Coursework criteria, assessment templates and examples are available throughout the course