

Curriculum Overview

Subject: BTEC Level 1/2 Tech
Award in Sport

Year Group: 10



Students 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
KNOWLEDGE/SKILLS Component 1 A – Types of sporting and physical activities and the benefits of taking part. Provision of sport in different sectors. Types and needs of participants. Barriers to sport and physical activity participation and how to overcome these. B - Sporting clothing, equipment and technology. Benefits and limitations of technology in sport. C - Planning and delivering warm ups. Responses of cardiorespiratory and musculoskeletal systems	KNOWLEDGE/SKILLS Component 1 Preparation for PSA – planning for learning outcome A real assessment. Preparation for PSA – planning for learning outcome B real assessment. Preparation for PSA – planning for learning outcome C real assessment. (Final coursework grade for component 1 submitted in May)	KNOWLEDGE/SKILLS Component 3 (Exam) A – The importance of fitness for successful participation in sport, fitness testing principles, exercise intensity and how it can be determined. Component 2 A – Understand how components of fitness are used in different physical activities.
KEY ASSESSMENTS Half term 1: Learning Aim A assessment practice (teacher marked) Half term 2: Learning Aim B assessment practice (teacher marked). Learning Aim C assessment practice (teacher marked) Learning Aim A Component 2 (real coursework)	KEY ASSESSMENTS Half term 1: Supervised assessment of Learning Outcome A (real coursework) Half term 2: Supervised assessment of Learning outcome B (real coursework) Supervised assessment of Learning outcome C. (real coursework)	KEY ASSESSMENTS Half term 1: Upgrading task 1, 2 and 3 (final grade decided for Component 1 coursework) Half term 2: Assessment practice for learning outcome A for Component 3 (teacher marked) Supervised assessment of Learning outcome A. (real coursework)

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

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TERM 1	TERM 2	TERM 3
<p>KNOWLEDGE/SKILLS</p> <p>Component 2</p> <p>B – Be able to participate in sport and understand the roles and responsibilities of officials.</p> <p>C – Demonstrate ways to improve participants sporting technique.</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>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>

(Final coursework grade for Component 2 submitted in December)		
KEY ASSESSMENTS Half term 1: Supervised assessment of component 2 tasks 2, 3 & 4. (Real coursework) Half term 2: Learning Aim B assessment practice (teacher marked)	KEY ASSESSMENTS Half term 1: Assessment practice for learning outcome C (teacher marked) Half term 2: Assessment practice for learning outcome D (teacher marked) (PPE's in March – Component 3 paper)	KEY ASSESSMENTS Half term 1: Full PPE for Component 3
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		