

Subject:

BTEC Sport

BTEC SPORT Intent:

The Physical Education department aims to provide our students with the skills and knowledge required to flourish in an ever-changing sports society. We aim to ensure that our students can go out into the dynamic sporting industries with the attributes necessary to be successful employees and leaders. BTEC Sport students at Yateley School will earn a qualifications to advance to the same opportunities, and gain dynamic theoretical and practical skills for further education or work in the sports industry. BTECs embody a student-centred approach to the curriculum, with a flexible, unit-based structure and knowledge applied in project-based assessments.

Our Exam Board is: Pearson

The Big Questions...

Year 10	Year 11
<p>Unit 1: Fitness for Sport and Exercise What are Components of physical fitness and Components of skill-related fitness? What are the basic principles of training (FITT)? What are the Additional principles of training? What are the requirements for fitness training methods? What are the fitness test methods for components of fitness? What are the Importance of fitness testing to sports performers and coaches? What are the requirements for administration of each fitness test?</p> <p>Unit 2: Practical Performance in Sport Can you explain the rules, regulations and scoring systems for selected sports? Can you Apply the rules/laws of sports in different situations? What are the roles and responsibilities of officials? Can you practically demonstrate skills, techniques and tactics in selected sports? Can you review your sports performance?</p>	<p>Unit 3: Applying the Principles of Personal Training What personal information is required to aid the design of a training programme? What is the importance of the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training when designing a training programme? Can you safely implement a personal fitness training programme? Can you complete a training diary for each session? Evaluate your strengths and weaknesses in your training programme?</p> <p>Unit 6: Leading Sports Activities Can you Plan, lead and review a sporting activity with success? Can you review, highlight areas of strength and areas to improve in your delivery?</p>

What skills will I develop?

- Cognitive and problem-solving skills: use critical thinking, approach non-routine problems applying expert and creative solutions, use systems and technology.
- Intrapersonal skills: communicating, working collaboratively, negotiating and influencing, self-presentation.
- Interpersonal skills: self-management, adaptability and resilience, self-monitoring and development.
- Ability to learn independently
- Ability to research actively and methodically
- Ability to give presentations and being active group members

What great resources can I use?

- www.bbc.co.uk/bitesize this has links to the GCSE PE course which offer the same content to the online test covered in unit 1.
- www.pearson.co.uk This is the awarding body of the BTEC sport award, here you can find the specification of the course and in depth information on each unit such as criteria for each learning aim etc.

How will I be assessed?

Unit 1 is an external assessment which is an examination – all Students take the same assessment at the same time, normally with a written outcome.

Other units are assessed through Internal assessments students may be given the opportunity to: Write up the findings of their own research, Use case studies to explore complex or unfamiliar situations, Carry out projects for which they have choice over the direction and outcomes or demonstrate practical and technical skills. Grading criteria are shared with the learners for all units.

Three ways that parents/carers can help...

1. There are brilliant clips on you tube which show all content and videos on all aspects of the course.
2. Set time aside to encourage your child to read through sport physiology articles. These centred around components of fitness and the body in action help underpin many of the units we cover.
3. Ensure they are on track with their assignments through monitoring of show my homework. Deadlines will be published well in advance.