

Subject:	Physical Education Intent:
BTEC Level 3 Sport	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.

The Big Questions...

Year 12	Year 13
<p>Unit 1: Anatomy and Physiology Can you: Identify and explain the structures and functions of all body systems? Identify and describe the characteristics, definitions of each body system? Analyse additional factors affecting each body system? Explain the short- and long-term effects of sport and exercise on each system? Name the additional factors that can affect body systems in relation to exercise and sporting performance? Analyse exercise and sports movements, and assess how the body responds to short-term and long-term exercise and other additional factors affecting each body system? Evaluate how body systems are used and asses how they interrelate in order to carry out exercise and sporting movements? Discuss and evaluate the links between body systems in response to short-term and long-term exercise and sport participation?</p> <p>Unit 2: Fitness Training and Programming for Health, Sport and Well-being Can you: Identify and discuss the effects of lifestyle choices on an individual's health and well-being? Apply the fitness principles and theory of lifestyle modification techniques to the individual? Identify and discuss the nutritional requirements and training methods to an individual's needs and goals? Analyse and interpret screening information relating to an individual's lifestyle questionnaire and health monitoring tests? Evaluate qualitative and quantitative evidence to make informed judgements about how an individual's health and well-being could be improved? Justify and create a fitness training program?</p>	<p>Unit 3: Professional Development in the Sports Industry Identify and discuss the careers and job opportunities available in the sports industry. What are the Professional training routes, legislation, skills in the sports industry? Justify arguments as to how your own skills and CDAP aligns to the selected career? Identify and explain the specific skills, qualities, qualification and training routes that are required, for your chosen job? Compare and explain two different Sports industry careers?</p> <p>Unit 6: Sports Psychology Explain how personality, motivation and competitive pressure can affect sport performance? Identify different motivational factors that can be used by a coach? Explain the effects of arousal, anxiety and stress on sports performance? Examine the impact of group dynamics in team sports and its effect on performance? Evaluate how the psychological skills training programmes are designed to improve performance?</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 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.

Unit 2 is a synoptic assessment and requires students to demonstrate that they can identify and use effectively, in an integrated way, an appropriate selection of skills, techniques, concepts, theories and knowledge from across the whole sector as relevant to a key task.

Unit 3 and 6 are 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. Encourage your child to read different sport magazines and broaden their knowledge of different sports by watching different events.
2. By testing your son/daughter with their flashcards
3. By contacting the Physical Education department whenever you need additional support or have questions about the course pe@yateley.hants.sch.uk.