



## **Year 9, 10 & 11 - KS4**

### **SPORT**

#### **BTEC Sport First Award level 1/2**

The students can study the BTEC Sport Level 2 award at KS4. This is equivalent to one GCSE

- It is a 120 guided-learning-hour qualification
- It has core units and optional units
- 25% of the qualification is externally assessed.

Edexcel sets and marks these assessments

The remaining 75% of the course is coursework based and is assessed internally.

The Core units include:

#### **Unit 1: Fitness for Sport and Exercise**

This unit is externally assessed using an onscreen test. Edexcel sets and marks the test. The assessment will be one hour and be marked out of 50. This accounts for 25% of your final marks Learning aims In this unit you will:

- A: Know about the components of fitness and the principles of training
- B: Explore different fitness training methods
- C: Investigates fitness testing to determine fitness levels

#### **Unit 2: Practical Sports Performance Core Unit**

This unit is internally assessed.

This accounts for 25% of your final marks.

## **Year 9, 10 & 11 - KS4 - SPORT Cont.....**

### **Learning aims**

In this unit you will:

- A: Understand the rules, regulations and scoring systems for selected sports
- B: Practically demonstrate skills, techniques and tactics in selected sport
- C: Be able to review sports performance.

### **Unit 5: Training for personal fitness**

Optional Unit

This unit is internally assessed.

The unit accounts for 25% of your final marks. **Learning aims**

In this unit you will:

- A: Design a personal fitness training programme
- B: Know about exercise adherence factors and strategies for continued training success
- C: Implement a self-designed personal fitness training programme to achieve own goals and objectives
- D: Review a personal fitness training programme.

### **Unit 6: Leading Sports Activities**

Optional Unit

This unit is internally assessed.

The unit accounts for 25% of your final marks.

### **Learning aims**

In this unit you will:

- A: Know the attributes associated with successful sports leadership
- B: Undertake the planning and leading of sports activities
- C: Review the planning and leading of sports activities.