**BTEC Sport - Year 10**

**Key Contact:** Mr Widger – wg@kingdown.wilts.sch.uk

**Specification:** Edexcel Level 2 First Award in Sport – 600/4779/3

**Unit 1: Fitness for Sport and Exercise (Exam)**
Know about the components of fitness and the principles of training
Explore different fitness training methods
Investigate fitness testing to determine fitness levels

**Unit 2: Practical Sport Performance (Coursework)**
Understand the rules, regulations and scoring systems for selected sports
Practically demonstrate skills, techniques and tactics in selected sports
Be able to review sports performance

**Unit 4: The Sports Performer in Action (Coursework)**
Know about the short-term responses and long-term adaptations of the body systems to exercise
Know about the different energy systems used during sports performance

**Unit 6: Leading Sports Activities (Coursework)**
Know the attributes associated with successful sports leadership
Undertake the planning and leading of sports activities
Review the planning and leading of sports activities

**Assessment**
For three of the units, pupils will complete a portfolio of evidence. This can be in the form of a task sheet, lesson plan, reports and observation statements. One unit will be assessed using a one hour online exam.

**Useful dates**
Y10 - Unit 2 to be completed by end or term 3
Y10 - Unit 6 to be completed by end of term 6

**Useful Study Support Resources**
BTEC First in Sport Student book/revision guide.
[www.pearson.com/activelearngo](http://www.pearson.com/activelearngo)
Weekly BTEC catch up in room H1 – Thursday 3-4pm

**Year 10 expectations:**

**Application**
- Appropriate levels of effort
- Coursework to be planned and presented properly
- Coursework to be done on time

**Organisation**
- Keep folder up to date and tidy
- Catch up if a lesson is missed

**Independence**
- Attend study support to catch up, maintain or get ahead
- Aspire to achieve the target grade above your own
- Use the web link/books provided to read further about the topic
- Ask for help outside of lessons

**Subject specific criteria**
- Watch Sport
- Take part in Sport
- Follow the news e.g. Sky Sports News App

**How can students improve their level?**
- Provide the appropriate amount of detail for PASS, MERIT or DISTINCTION.
- Make sure you do what the task demands.
- Do you need to describe, explain or analyse?
- Attempt extension tasks in and out of lessons.
- Use the feedback from your ‘dry run’ to ensure you complete the task
- Seek advice from PE teachers and coaches
- Attend BTEC catch up in H1