



**YOUR
SCHOOL
JOURNEY**

**YEAR 10 - BTEC Tech
Award in SPORT**

BTEC Sport Activity and Fitness

Year 10 Learning Journey

Year 10 groups are timetabled 5 lessons of BTEC Sport each 2-week cycle throughout the full year. During year 10 students will follow the new BTEC Tech Award in Sport specification. The course consists of 3 Components. Components 1 and 2 are internally assessed by the completion of assignments released by the exam board at key times each year. Both components are worth 30% each. Component 3 is externally assessed by the completion of an exam worth 40%, which is marked by the exam board.

In the first term students will complete the preparation for Component 1 before attempting the three assessed pieces of work in the January series assessment. The remainder of the year will be spent preparing for the practical and coaching assignments in component 2. In year 11 students will complete component 2 by December before beginning the preparation and learning required for the component 3 external exam in May. Lessons will be allocated with 3 classroom-based theory lessons per fortnight and 2 practical lessons designed to prepare for practical assessments.

Learning outcomes

Component 1

A Explore types and provision of sport and physical activity for different types of participant

B Examine equipment and technology required for participants to use when taking part in sport and physical activity

C Be able to prepare participants to take part in sport and physical activity

Half term 1	Component 1 preparation – Section A.	
Half term 2	Component 1 preparation – Sections B and C.	
Half term 3	Component 1 Assessment - Assignments A, B & C	
Half term 4	Component 1 Submission/Resubmission/Moderation	
Half term 5	Component 2 preparation – Section A. Fitness Components	
Half term 6	Component 2 preparation Sections B and C. Perform/Coach	

Component 1 is divided into 3 Learning Aims each aim has a formal assignment which has to be completed for and internal deadline published on the assessment plan. Students get one opportunity to resit this assignment if the grade achieved is below their capabilities.

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YOUR
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JOURNEY

**YEAR 11 - BTEC Tech
Award in SPORT**

BTEC Sport Activity and Fitness

Year 11 Learning Journey

Course content

Year 11 groups are timetabled 5 lessons of BTEC Sport per fortnight throughout the full year. The course consists of 3 Components. Components 1 and 3 are internally assessed by the completion of assignments. Both components are worth 30% each. Component 3 is externally assessed by the completion of an exam worth 40%, which is marked by the exam board.

During year 10 students completed the learning and assessment for Component 1 and began the preparation for Component 2. This allows the students to begin the Component 2 assessment tasks at the start of Yr11.

Component 2

Taking Part and Improving Other Participants' Sporting Performance.

- A Understand how different components of fitness are used in different physical activities.
- B Be able to participate in sport and understand the roles and responsibilities of officials.
- C Demonstrate ways to improve participants sporting techniques.

Component 3

Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity.

- A Explore the importance of fitness for sports performance.
- B Investigate fitness testing to determine fitness levels.
- C Investigate different fitness training methods.
- D Investigate fitness programming to improve fitness and sports performance.

Half term 1	Component 2 Assessment - Tasks 1 and 4	
Half term 2	Component 1 Assessment – Tasks 2 and 3	
Half term 3	Component 3 Preparation – Content teaching/Mock exam	
Half term 4	Component 3 Preparation - Content teaching/Revision	
Half term 5	Component 3 Revision – External exam	
Half term 6	Summer exams	

Component 2 is divided into 4 Learning Aims each aim has a formal assignment which must be completed for an internal deadline set by the exam board assessment window. Students get an opportunity to resit the assignment if the grade achieved is below their capabilities.

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