



Blue Coat Church of England Academy

Year: 10

Subject: BTEC Sport

Unit 1 – Fitness for Sport and Exercise

Unit 1 is an externally moderated examination.

Fitness for sport and exercise is core to the programme of study. This unit has links to, and underpins, the other units for sport. In learning aim A pupils will cover the components of physical and skill-related fitness and the principles of training. Learning aim B explores different fitness training methods for developing components of fitness, and for learning aim C pupils will gain knowledge and skills in undertaking and administering fitness tests.

This unit of study is particularly relevant if pupils would like to work in sports coaching, elite sport or personal training.

Unit 2 – Practical Sports Performance

This unit focuses on developing and improving pupils own practical sports performance. This is achieved through pupils active participation in practical activities and reflection on their own performance and that of other sports performers. This unit introduces pupils to a variety of different sports and, through participating in different sports, it is expected that pupils will develop knowledge of the associated rules, regulations, scoring systems, skills, techniques and tactics.

In learning aim A, pupils will investigate the rules and regulations of a sport and apply the knowledge gained through observing officials in action. Pupils might also decide to take part in National Governing Body coaching and leadership awards to reinforce and extend pupils knowledge and qualifications in this area.

For learning aim B, pupils will take part in a variety of sports. These may be sports in which pupils excel or have a particular interest. Pupils are required to demonstrate the skills, techniques and tactics within each of the sports selected for assessment.

For learning aim C, pupils will review their own performance in the sports in which they participated. This review will look at the strengths and areas for development within their own performance. Pupils will also be encouraged to consider plans to develop their performance within the selected sports.

Many job roles in sport have a close relationship with practical sports performance, from the elite performer in action to the sports coach practically demonstrating skills and techniques.

Information

More information about the work done in Year 10 can be found at

<https://qualifications.pearson.com/en/qualifications/btec-firsts/sport-2012-nqf.html>.

You can help your child at home by helping them to research and read around the topics that they will cover each half term, and where possible, encourage them to attend or watch professional sports. Pupils that complete work in their own time and at home will be at an advantage, when it comes to meeting deadlines set within school. Pupils must understand the importance of these deadlines and parents can contribute to this.

We have a variety of clubs available in school and you can help to improve your child's confidence and ability in PE by encouraging them to participate in these.

You can help your child develop their awareness of a healthy lifestyle by involving them in the selection and preparation of healthy family meals and promoting active play and recreation.

Finally, your child will be expected to bring PE kit to every lesson and you may assist your child by checking their timetable with them and identifying the days when they

will need their PE kit, before making sure that they own appropriate Blue Coat Academy PE kit.