



Blue Coat Church of England Academy

Year: 11

Subject: Btec Tech L1/2 Sport

Overview

In Year 11, students continue their journey through the BTEC Tech Award in Sport by focusing on **Component 2: Taking Part and Improving Other Participants' Sporting Performance** and **Component 3: Developing Fitness to Improve Other Participants' Performance in Sport and Physical Activity**. Component 2 is internally assessed, and Component 3 is externally assessed. Together, they provide foundational knowledge and skills that underpin the rest of the course.

Term 1: Completion of Component 2 – Taking Part and Improving Other Participants' Sporting Performance

- **Focus:** Finalising practical and leadership elements from Year 10.
- **Key Activities:**
 - Completion of practical performance evidence in selected sports.
 - Final peer and self-assessments.
 - Delivery and evaluation of planned sports sessions.
 - Submission of internally assessed assignments.
- **Assessment:**
 - Pearson Set Assignment (PSA) for Component 2.
 - Evidence includes video footage, observation records, and written reflections.

Term 2–3: Component 3 – Developing Fitness to Improve Other Participants' Performance in Sport and Physical Activity

- **Focus:** Understanding and applying fitness principles to improve performance.

- **Key Topics:**
 - Importance of fitness in sport and physical activity.
 - Fitness components and testing methods.
 - Principles of training and training methods.
 - Designing and reviewing fitness programmes.
- **Assessment:**
 - Externally assessed written exam (1 hour 30 minutes).
 - Students apply knowledge to realistic scenarios and case studies.

Skills Developed

- Application of theoretical knowledge to practical contexts.
- Evaluation and analysis of fitness and performance.
- Leadership and communication in sport.
- Independent research and critical thinking.

Progression Opportunities

- BTEC Level 3 National in Sport or Sport Science.
- A-level Physical Education.
- Apprenticeships in coaching, fitness, or leisure.
- Careers in sport development, personal training, or officiating.