

Year 11 BTEC Level 2 Tech Award in Sport, Activity and Fitness

Yearly Plan

Content of study	The students will be taught the following components throughout the 2nd year of the BTEC Sport course: 1. Component 3: Applying the Principles of Sport and Activity 2. Component 2: The Principles of Training, Nutrition and Psychology for Sport and Activity (re-sit exam if required)
What are the aims and objectives of this year?	Aims and objectives for each component include: Component 3: Applying the Principles of Sport and Activity Students will study the attributes of a successful sports leader and the physical and psychological benefits for the people taking part in their sessions. Learners will then plan and lead an engaging activity session. In this component, students will develop knowledge of the attributes of successful sports leaders. They will then explore the physical and psychological benefits that you could experience when taking part in leadership sessions. To understand the benefits that participants could experience from your session, students will need to draw on the information you have learned on training principles, body systems and psychological influences. Students will continue to develop an understanding of the different target groups that can access activity sessions and the type of sessions that are appropriate for each group. The skills that are developed in writing a fitness improvement plan will be essential in planning an effective sport and physical activity session. Students will look at how leaders can motivate participants when planning and delivering sport and activity for target groups. They will deliver a planned session and provide a review of their leadership skills. The review will be based on whether they have met the physical and psychological needs of their chosen group. Students will also identify their leadership strengths and areas for improvement, and suggest improvements for future practice. This component will give the students an understanding of how sports leaders can provide appropriate activities for selected target groups. Students will develop transferable skills such as communication, planning and organisation, which will support their progression to Level 2 or 3 vocational or academic qualifications. Learning aims A: Understand the fundamentals of sport and activity leadership B: Planning sessions for target groups C: Delivering and reviewing sessions for target groups Synoptic assessment This component is delivered and assessed at the end of the course. Learners will plan and deliver an appropriate session plan for a specific target group that will encourage and support participation in exercise. To complete the synoptic assessment, they will draw on knowledge and understanding from across the qualification on how exercise impacts on the body, how participation can be increased, planning an effective session and the psychological influences on participation.

	Component 2: The Principles of Training, Nutrition and Psychology for Sport and Activity Learners will explore how training, nutrition and psychological factors contribute to engagement in sport and activity. In this component, students will develop knowledge and understanding of the factors that contribute to improved fitness for sport and activity, the importance of a healthy diet and the psychological factors, so that they are able to apply knowledge. Students will develop their knowledge and understanding of fitness testing and learn how to improve fitness using knowledge of methods of training, FITT principles and principles of training. They will be able to apply this knowledge and understanding to sport and activity situations. Students will explore the importance of macronutrients, micronutrients and hydration. This will help them to suggest realistic improvements that help participants to eat well and to optimise their fitness and health. Students will develop an understanding of how motivation, self-confidence and anxiety can affect participant engagement in sport and activity. Students will also develop transferable skills such as data interpretation, rationalising recommendations and decision making. These skills can help students to progress to Level 2 or 3 vocational or academic qualifications Assessment objectives AO1: Demonstrate knowledge of the principles of training to improve fitness, nutrition and psychological influences AO2: Demonstrate understanding of training to improve fitness, nutrition and psychological influences when applying to sport and activity AO3: Analyse and evaluate data and information in relation to fitness, nutrition and psychological influences when applying to sport and activity Summary of assessment This component is assessed through a written assessment set and marked by Pearson. The external assessment will be 1 hour and 30 minutes in length. The number of marks for the assessment is 70. The paper will contain a number of short- and extended-answer questions that will assess learners' understanding of the training, nutrition and psychological factors that contribute to participant engagement in sport and activity. The assessment availability is twice a year in February and May/June.
What previous knowledge is required?	Component 3 builds on knowledge, understanding and skills acquired and developed in Components 1 and 2, and includes synoptic assessment, therefore should be completed at the end of the course.

How will this term's content help with future learning?	Learners who generally achieve at Level 2 across their Key Stage 4 learning might consider progression to: • A Levels as preparation for entry to higher education in a range of subjects • Study of a vocational qualification at Level 3, such as a BTEC National in Sport, which prepares learners to enter employment or an Apprenticeship, or to move to higher education by studying a degree in the sport or sport and exercise areas
Resources	1. Blended Learning Academy (pe.futureschoolstrust.com)- students have their own log-in details. This site is designed by the PE department and offers an online revision and homework tool for the students. 2. Sport, Activity and Fitness BTEC Tech Award Pearson qualifications
Links to the national curriculum/specific ation	The Tech Award gives learners the opportunity to develop sector-specific knowledge and skills in a practical learning environment. The main focus is on the knowledge and understanding of skills in health, fitness, activity and sport. Learners will develop: • knowledge of the body systems, common sports injuries and technological advances that impact on sport and activity • key skills that support their theoretical understanding of the training, nutrition and psychological factors that influence and impact on engagement in sport and activity • an understanding of the underpinning principles of leadership and the physical and psychological benefits for session participants. Learners will investigate methods of planning, delivering and reviewing sessions for a range of target groups. The qualification builds on and uses the knowledge and skills learned in GCSEs. It has a broad focus on building knowledge and skills, including exploring the impact of technology and psychology on sport and activity. It will complement some aspects of the theoretical approach offered by GCSE Biology and GCSE Food Preparation and Nutrition, by allowing learners to apply their knowledge and skills, for example by learning how nutritional habits can impact sport and activity.
Assessments	• Component 2 (Monday 6th February 2023) - PPE exams will take place in November/December 2022 • Component 3 - The synoptic assessment does not have a final due date until 15th May 2023

Week beginning	DSM (Tues 2)	LS (Wed 3)	LS (Fri 5)
Mon 5th September	PEP Evaluation	1.1.1-1.1.3: Health	Post-PEP Fitness Testing
Mon 12th September	PEP Evaluation	1.1.4-1.1.5: Impact of Fitness on Well-being	Practical
Mon 19th September	PEP Evaluation	1.1.6-1.1.7: Lifestyle choices	Practical
Mon 26th September	PEP Deadline	1.2: Sedentary Lifestyles	Practical
Mon 3rd October	2.1.1-2.1.2: Classification of skills & Practice Structures	1.3.1-1.3.3: Nutrients	Practical
Mon 10th October	2.1.3: Application of Practices and Skills	1.3.4-1.3.6: Optimum Weight & Energy balance	Practical
Mon 17th October	2.2: Goal Setting	1.3.7: Hydration	Practical Assessment
Monday 24th October- Friday 4th November (term break)			
Mon 7th November	2.3.1-2.3.2: Guidance	1.3.7: Hydration	PPE Component 1 Revision
Mon 14th November	2.3.3-2.3.4: Feedback	Topic 1 Unit Test	PPE Component 1 Revision
Mon 21st November	2.4: Mental Preparation for Performance	Topic 1 Feedback	PPE Component 1 Revision
Mon 28th November	PPE	PPE	Practical
Mon 5th December	PPE	PPE	Practical
Mon 12th December	2.1.1-2.1.2: Classification of skills & Practice Structures	3.1: Participation rates/ patterns	Practical

Monday 19th December- Monday 2nd January (Christmas break)			
Mon 2nd January	PPE Feedback	PPE Feedback	Practical
Mon 9th January	Component 1: Topic 1 Revision	3.2: Commercialisation	Practical
Mon 16th January	Component 1: Topic 1 Revision	3.2: Commercialisation	Practical
Mon 23rd January	Component 1: Topic 1 Revision	3.3: Sportsmanship v Gamesmanship	Practical
Mon 30th January	Component 1: Topic 1 Revision	Revision Lesson	Practical
Mon 6th February	Component 1: Topic 1 Revision	Topic 3 Unit Test	Practical Assessment
Monday 13th – Friday 17th February (term break)			
Mon 20th February	Component 1: Topic 3 Revision	Topic 3 Feedback	Practical
Mon 27th February	Component 1: Topic 3 Revision	Component 1: Topic 3 Revision	Final Practical Marks Deadline
Mon 6th March	Component 1: Topic 3 Revision	Component 1: Topic 3 Revision	Practical
Mon 13th March	GCSE PE Moderation Rehearsal	GCSE PE Moderation Rehearsal	GCSE PE Moderation Rehearsal
Mon 20th March	GCSE PE Moderation	Component 1: Topic 2 Revision	Component 1: Topic 2 Revision
Mon 27th March	Component 1: Topic 3 Revision	Component 1: Topic 2 Revision	Component 1: Topic 2 Revision
Monday 3rd April- Monday 14th April (Easter break)			
Mon 17th April	Component 2: Topic 2 Revision	Component 2: Topic 1 Revision	Component 2: Topic 1 Revision
Mon 24th April	Component 2: Topic 2 Revision	Component 2: Topic 1 Revision	Component 2: Topic 1 Revision
Mon 1st May	Component 2: Topic 2 Revision	Component 2: Topic 3 Revision	Component 2: Topic 3 Revision



Mon 8th May	Component 1 Exam Revision	Component 1 Exam Revision	Component 1 Exam Revision
Mon 15th May	Component 1 Exam Revision	Component 1 Exam	Component 2 Exam Revision
Mon 22nd May	Component 2 Exam Revision	Component 2 Exam	Finished
Monday 29th May – Friday 2nd June			