

# SPORTS STUDIES

KS4 (Pearson BTEC Tech Award Level 1/2 in Sport)

**YR 11**

## Curriculum Purpose

Year 11 BTEC Sport emphasises developing fitness to enhance participants' performance in sports and physical activities. Students learn to assess fitness levels, design personalised training programs, and implement strategies to improve strength, endurance, and flexibility. This course fosters a deeper understanding of exercise science and its practical applications in sports performance.



## Course Content and Skill Development

Component number	Component Title	Learning outcomes	How assessed	Weighting
1	Preparing Participants to Take Part in Sport and Physical Activity	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	Internal	30%
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.	Internal	30%
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	External	40%

## When and how assessment of learning will happen

In Year 11, students will complete their second PSA (Pearson set assignment) in the Sept-Dec Assessment window. In September, Pearson will release 5 tasks based around a case study that students will need to complete in exam conditions during lesson times, they will be guided on how long to spend on each task. These assessments will then be marked by their class teacher and feedback will be provided. This work is then externally moderated and students will receive their mark out of 60 in March.

From January of Year 11, students will then focus on their Exam unit: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity. To prepare for this assessment, students will undertake a variety of assessments such as Mocks, end of topic tests, peer assessments etc.



## Specification Link

<https://qualifications.pearson.com/content/dam/pdf/btec-tec-awards/sport/2022/specification-and-sample-assessments/btec-tech-award-sport-spec.pdf>

## Home Learning Expectations

When students are completing their PSA, although all work must be completed in lesson time we also encourage students to prepare their notes at home to check they have all the information they need. From January students are expected to revise content from lessons each week.



## Useful Information

PE classroom resources for this course will be added to google classroom.