

Sport Tech Award - KS4

Overview

The Pearson BTEC Tech Award in Sport is an introduction to vocational learning. The qualifications give learners the opportunity to build applied knowledge and skills that show an aptitude for further learning, both in the sector and more widely. Study of this sector at Key Stage 4 will complement GCSE study through providing an opportunity for practical application alongside conceptual study. There are also strong opportunities for post-16 progression in this vital sector.

The course consists of two internally assessed components, and one externally assessed component:

Component 1 - Preparing Participants to Take Part in Sport and Physical Activity (Internally Assessed)

Component 2 - Taking Part and Improving Participants Sporting Performance (Internally Assessed)

Component 3 - Developing fitness to improve other participants' performance in sport and physical activity (Externally Assessed)

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<p>C1 A1 Types and providers of sport and physical activity</p> <p>C1 A2 Types and needs of sports and physical activity participants</p> <p>C1 A3 Barriers to participation in sport and physical activity for different types of participant</p> <p>C1 A4 Methods to address barriers to participation in sport and physical activity</p>	<p>C1 - B2 Different types of technology and their benefits to improve sport and physical activity participation and performance</p> <p>C1 - B3 The limitations of using technology in sport and physical activity</p> <p>C1 - C1 Planning a warm-up</p> <p>C2 Adapting a warm-up for different categories of participants and different types of physical activities</p>	<p>C2 Delivering a warm-up to prepare participants for physical activity</p> <p>C1 SUMMATIVE ASSESSMENT</p> <p>C2 - A1 Components of physical fitness (Start of Component 2)</p> <p>C2 - A2 Components of skill-related fitness</p>	<p>C2 – B1 Techniques, strategies and fitness required for different sport</p>	<p>C2 - B2 Officials in sport</p> <p>C2 - B3 Rules and regulations in sports</p> <p>C2 - C1 Planning drills and conditioned practices to develop participants' sporting skills</p>	<p>C2 - C2 Drills to improve sporting performance</p>

	<p>for different types of participant</p> <p>C1 B1 Different types of sports clothing and equipment required for participation in sport and physical activity</p>					
Year 2	<p>C2 SUMMATIVE ASSESSMENT</p>	<p>C3 - A1 The importance of fitness for successful participation in sport</p> <p>C3 - A2 Fitness Training principles</p> <p>C3 - A3 Exercise Intensity and how it can be determined</p> <p>C3 - B1 Importance of fitness testing and requirements for administration of each fitness test</p> <p>C3 - B2 Fitness test methods for components of physical fitness</p>	<p>C3 - B3 Fitness test methods for components of skill-related fitness</p> <p>C3 - B4 Interpretation of fitness test results</p> <p>C3 - C1 Requirements for each of the following fitness training methods</p> <p>C3 - C2 Fitness training methods for physical components of fitness</p> <p>C3 - C3 Fitness training methods for skill related components of fitness</p> <p>C3 - C4 Additional Requirements for each fitness training method</p>	<p>C3 - C5 Provision for taking part in fitness training methods</p> <p>C3 - C6 The effects of long-term fitness training on the body systems</p> <p>C3 - D1 Personal Information to aid training fitness programme design</p> <p>C3 - D2 Personal programme design</p> <p>C3 - D3 Motivational Techniques for Fitness programming</p>	<p>C3 REVISION</p> <p>EXTERNAL EXAM</p>	