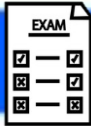


King Ecgbert School: BTEC Tech Award Sport Level 2 (Excel)



Extra Exam preparation
sessions



May Exam

BTEC Sport Level 3
A Level PE

Component 3 – Learning Aim C
Investigate fitness programming to improve
fitness and sports performance

Assessment



Component 3 – Learning Aim C Investigate
different fitness training methods



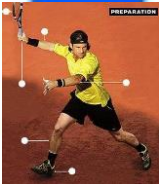
Component 3 – Learning Aim A
Explore the importance of fitness for sports
performance

Year
11



Component 3 – Learning Aim B
Investigate fitness testing to
determine fitness level

Assessment



Component 2 – Learning Aim C
Demonstrate ways to improve
participants' sporting
techniques



Component 2 – Learning Aim A
Understand how different components of
fitness are used in different physical
activities



Assessment

Component 1 – Learning Aim C
Be able to prepare participants
to take part in sport and
physical activity

Component 2 – Learning Aim B
Be able to participate in sport
and understand the roles and
responsibilities of officials

Component 1 – Learning Aim A
Explain types of provision of sport and physical
activity for different types of participants



Year
10



Your BTEC TECH award journey starts
here.....

Component 1 – Learning Aim B
Examine equipment and technology required for participants
to use when taking part in sport and physical activity

BTEC Sport Breakdown

Component 1 – Preparing Participants to Take Part in
Sport and Physical Activity
Internal Assessment

Component 2 –Taking Part and Improving Other
Participants Sporting Performance
Internal Assessment

Component 3 – Developing Fitness to Improve Other
Participants Performance in Sport and Physical Activity
External Assessment

Practical lessons, take place during core PE and will
incorporate elements of theory work

Overview of the Units

Component 1 - Learners will explore the different types and provision of sport and physical activity available for different types of participants, barriers to participation and ways to overcome these barriers to increase participation in sport and physical activity. They will also research equipment and technological advances in a chosen sport or physical activity and how to prepare our bodies for participation in sport and physical activity.

Component 2 - Learners will investigate the components of fitness and their effect on performance, take part in practical sport, explore the role of officials in sport and learn to apply methods and sporting drills to improve other participants' sporting performance.

Component 3 - Learners will be introduced to and develop an understanding of the importance of fitness and the different types of fitness for performance in sport and physical activity. They will also develop an understanding of the body and fitness testing.