

## Year 10 BTEC Technical Award in Sport, Activity and Fitness Level 1/Level 2

### What will be studied?

#### Topic(s)

Students will build on knowledge already gained in the KS3 curriculum.

There are 3 units in the course -

1. Understand the Body and the Supporting Technology for Sport and Activity.  
**Internal assessment through written coursework. 30%**
2. The Principles of Training, Nutrition and Psychology for Sport and Activity.  
**External examination. 40%**
3. Applying the Principles of Sport and Activity.  
**Practical performance and leadership. 30%**

All students are entered for the Level 2 Qualification, which is the equivalent of 1 GCSE. This course offers progression onto BTEC Level 3 Qualifications.

### How do you assess the learning?

Each unit is assessed differently. Students are awarded Pass, Merit or Distinction for each of the assessment tasks.

1. Understand the Body and the Supporting Technology for Sport and Activity.  
**Written piece of work based on exercise and training to improve performance.**
2. The Principles of Training, Nutrition and Psychology for Sport and Activity.  
**External examination. 40%**
3. Applying the Principles of Sport and Activity.  
**Practical application of leadership skills and theory through practical.**

### End of Year Assessment

#### How will I be assessed at the end of the year?

Students will receive a grade at the end of each unit. The internally assessed units will follow BTEC assessment guidelines, allowing students the opportunity to resubmit if necessary.

Students will sit the examination at the end of Y10 and be allowed to resit if necessary.

### How can I help my child?

#### Guidance and advice

Ensure students are well organised and aware of the timetable of practical and theory lessons throughout the academic year.

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