

Year 10 - PE – BTEC SPORT

Fitness and sport – Unit 1 (Exam)

- Pupils will learn about components of fitness, fitness testing, types of training, exercise intensity and principles of training and how to relate these to their sporting performance and practice.
- Pupils will practically demonstrate their understanding of topic areas during practical lessons.
- Pupils will attempt to answer examination questions based on their knowledge and understanding of topic areas.
- Pupils will link theoretical content covered during performance to develop knowledge of sport and healthy and active lifestyles.

Practical - Unit 2 (coursework)

- Pupils will develop their understanding of officiating, rules, regulations and scoring systems in sport.
- Pupils will practically perform learnt skills, tactics and techniques to demonstrate understanding of topical content.
- Pupils will record performance through use of their IPADS to be able to reflect on their performance.
- Pupils will create an observation checklist to be able to review their performance in sport.
- Pupils will research the technical and tactical demands of sport and how this impacts on their performance.

		Working towards	Is at the expected standard	Is above expected standard	BTEC grade	Target grade
Unit 1 Fitness and Sport:	Knowledge					
	Application					
	Analyse/Justify					
	Foundations for Learning					
	Resilience					
	Personal Study					
Overall unit performance						
UNIT 2 Practical Sport	Rules, regulations and scoring systems.					
	Practical performance and script					
	Observation checklist					
	Foundations for Learning					
	Resilience					
	Personal Study					

Explanation of assessments

Judgement	Criteria:
Unit 1 - Fitness and Testing	
Working Towards	Can answer some multiple choice questions and provide brief verbal answers of content questioned but not enough to reach target level.
Expected	Can link performance to theoretical content and answer questions verbally or written at examination level. Is on track to achieve their target level.
Above expected	Can analyse and justify answers provided with clarity and link to practical performance. Can write out answers with depth and understanding showing revision has been done. Is achieving above their target level.

Judgement Unit 2 – Practical Sport	Criteria:
Working Towards	Lack of work provided to achieve target grading criteria. Coursework lacks depth in answers and not enough research provided. Extra work required.
Expected	Has achieved their target area for the assignment. Coursework is accurate and up to date in order to achieve grading criteria for the assignment.
Above expected	Pupil has gone beyond target level by meeting deadlines and producing coursework with clarity and detail required to obtain grading criteria for the assignment. Pupils has shown dedication and commitment to pushing themselves further in this assignment.