

Year 11 – BTEC First award in 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.

Unit 3 Applying the Principles of Personal Training

Be able to design and demonstrate a healthy and active lifestyles assignment which contains, creating a 6-week workout, performing the workout, identifying barriers to exercise, identify the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training a training diary, linking workouts to components of fitness, fitness testing, goal setting, evaluating their 6-week plan.

Lifeskills

- Articulate emotional wellbeing, explain the features of mental health and ill-health, evaluate different sources of support.
- Assess how to sensitively, safely and appropriately respond to increasingly nuanced scenarios in relation to unhealthy relationships behaviour, including abuse, discrimination, violence and online encounters.
- Demonstrate and explain the importance and relevance of, a range of employability skills in new and varied contexts (work experience).

Unit 1

		Working Towards Target	At Expected Target	Above Expected Target	Grade
Unit 1: Fitness for sport & exercise	Components of fitness and principles of training				
	Fitness training methods				
	Fitness testing				
Overall unit performance					
FFL:	Meeting behaviour for learning standards	Actively engaged in the learning	Regularly complete HWK to a high standard	Completing CWK to a high standard?	Is a resilient learner 'Doesn't give up easily'
Achieved:					

Explanation of assessments

Judgement Unit 1 - Fitness and Testing	Criteria:
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.

		Working Towards Target	At Expected Target	Above Expected Target	Grade
Unit 3 Applying the Principles of Personal Training	Training Programme Design				
	The Body Systems and How They Respond to Fitness Training				
	My Training Diary				
	Programme Review				
Overall unit performance					
FFL:	Meeting behaviour for learning standards	Actively engaged in the learning	Regularly complete HWK to a high standard	Completing CWK to a high standard?	Is a resilient learner 'Doesn't give up easily'
Achieved:					
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.			

Unit 3

Judgement Unit 3- Applying the Principles of Personal Training	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.

Lifeskills

		Working Towards Target	At Expected Target	Above Expected Target	Grade	Overall unit performance
Lifeskills						
Overall unit performance	Lifeskills Knowledge					