



Penryn
College

"Achieving through Challenge"

October 2022

Dear Parent/Carer(s)

We are writing to update you on your child's progress in their BTEC Sports course. We have also included the key dates for examinations and coursework.

Firstly, your child has made positive progress on the course since returning to school in September. Please encourage them to keep up the good work so they can achieve an excellent grade at the end of the year.

Course Outline

The course is broken down into 4 units, with each unit worth 25% of the final grade. In Year 10, students completed their Unit 2 (Practical Sport) coursework and Unit 6 (Leadership).

Students are currently completing Unit 1 (Fitness for Sport and Exercise), which is an exam unit. The exam covers three Learning Aims (A, B, C).

- Learning Aim A – Components of Fitness and the Principles of Training
- Learning Aim B – Fitness Training Methods
- Learning Aim C – Fitness Testing and determining Fitness Levels.

The content for this exam has been covered through both theory and practical PE lessons.

The Unit 1 Exam has provisionally been booked to take place on Thursday 12th January.

After half term we will be running after school revision sessions and there will be an expectation for students to be revising over the Christmas period. We would appreciate your support in emphasising the importance of this exam as a positive result enables students to access level 2 Pass or above as overall grades.

Unit 3 – Applying the Principles of Personal Training

Once students have completed their Unit 1 Exam, students will be moving onto Unit 3 (Applying the Principles of Personal Training), which is a coursework unit. The coursework is split into four Learning Aims.



Headteacher: Tamsin Schouten

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- Learning Aim A – Design a personal fitness training programme.
- Learning Aim B – Musculoskeletal System, Cardiorespiratory System, and the effects on the body during fitness training.
- Learning Aim C – Implement a self-designed personal fitness training programme to achieve own goals and objectives.
- Learning Aim D – Review the personal fitness training programme.

Students are aware of their target grades and regularly have updates on their current progress on Showbie. If you require any specific feedback on your child's progress, please email their class teacher. We will send another letter at the completion of the next unit detailing future deadlines.

Yours faithfully

R Tucker
Director of Lifestyles & Community



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