

**Subject:** BTEC PE First Award in Sport Level 1 and Level 2  
**Year 10 and 11 Overview**



ST. MARY MAGDALENE  
 C OF E SCHOOL  
 BLACKHEATH CAMPUS  
 Excellence through innovation,  
 founded in faith since 1840.

Course Content Practical	Onscreen Exam Assessment
<p><b>Year 10</b>  <b>Core Units</b>                      Unit 1: Fitness for Sport and Exercise (30 GLH)                      Unit 2: Practical Sports Performance (30 GLH)</p> <p><b>Year 11</b>  <b>Core/Optional Specialist Unit</b>                      Unit 3: Applying the Principles of Personal Training (30 GLH)                      Unit 6: Leading Sporting Activities (30 GLH)</p> <p><b>NEA:</b> Internally marked and externally moderated</p> <ul style="list-style-type: none"> <li>• 60% of qualification</li> </ul> <p><b>Assessment:</b>                      Students will be assessed performing two sports (individual and team sport)</p> <p>This BTEC First Award has units that your centre assesses (internal) and an examination that Pearson sets and marks (external).</p> <p><b>Year 10</b></p> <p><b>Autumn</b>  <b>Cross connected curriculum links with Science:</b></p> <ul style="list-style-type: none"> <li>• Training Zones</li> <li>• Maximum Heart Rate</li> <li>• Training intensity</li> </ul> <p><b>Spring</b>  <b>Muscles</b>  <b>Immediate effects of exercise on the muscular system</b></p> <p><b>Summer</b>  <b>Muscles/Joint/Movement</b>  <b>Immediate and long term effects of exercise on the muscular system</b></p>	<p><b>Year 10</b>  <b>Core Unit</b>  <b>Unit 1 Fitness for Sports and Exercise</b></p> <ul style="list-style-type: none"> <li>• Components of physical and skill related fitness</li> <li>• Methods of training</li> <li>• Exercise intensity/training zones</li> <li>• Basic principles of training</li> <li>• Additional principles of training</li> <li>• Fitness testing</li> <li>• Fitness testing procedures</li> </ul> <p><b>NEA:</b> Externally marked by Pearson</p> <ul style="list-style-type: none"> <li>• 40% of qualification</li> </ul> <p>The onscreen test for unit 1 lasts one hour and includes a variety of question types. There will be questions on ALL the learning aims: A, B and C</p> <p><b>Year 11</b>  <b>Autumn</b>  <b>Cross connected curriculum links with Science: The body systems</b></p> <ul style="list-style-type: none"> <li>• <b>Muscular system: Long term effects of exercise and benefits</b></li> <li>• <b>Skeletal system: The function of the skeletal</b></li> <li>• <b>Cardiovascular system: The function of the hearts and long terms of effects exercise</b></li> <li>• <b>Respiratory system: The function of the respiratory system and immediate/long effects of exercise</b></li> </ul>
<p><b>Key assessment points</b></p>	

Continuous assessments throughout the term, focusing on each of the following AOs:  
AO1: Demonstrate knowledge and understanding on course content.  
AO2: Application of knowledge and understanding of content.  
AO3: Analyse and evaluate relevant knowledge and understanding.

### **Christian ethos**

Christian values will be promoted in each and every PE lesson and extra-curricular activities through the experiences we offer within our curriculum. For example:

- Students will be kind, supportive, honest and treat others how you would like to be treated within all sporting activities.

Be polite, respectful and show good manners in both lessons and when representing the school in matches

### **British values**

British values are regularly promoted through high quality PE teaching and by a positive behaviour policy which allows students to develop and demonstrate skills and attributes that will allow them to contribute in a positive manner in Modern Britain. These values and attitudes are promoted and reinforced by all staff and used to provide a model of behaviour for all our students both on and off the sports pitches. An example of promoting British values is to demonstrate formal recognition of good sportsmanship and fair play. This will include respect for the rules of the game and all participants involved. Shaking hands with fellow competitors after a competitive game or lesson.