

Module 1	Module 2	Module 3
<p>Learning Intent for this module:</p> <p>Component 1</p> <p>Learners will explore the different types and provision of sport and physical activities. They will participate in different types of sport and physical activity so that they have first-hand experience of participation in a variation of sport and physical activity. Learners will understand the different sectors that provide sport and physical activities, evaluating the advantages and disadvantages of each of these sectors. They will also learn about the different categories and characteristics of participants and how their needs will affect the types of sports and physical activities they take participate in.</p> <p>Learners will understand the different types of equipment used to take part in sport and physical activities. They will also explore the different technology available for participation in different sport and physical activities. Learners will also study the benefits and limitations of technology for sport and physical activity participation</p>	<p>Learning Intent for this module:</p> <p>Component 1</p> <p>Learners will learn about the warm-up process that is required to prepare the body to take part in physical activity and the responses of the cardiorespiratory and musculoskeletal systems at each stage of the warm-up. Learners will be able to plan and deliver warm-ups for different physical activities and for different types of participants.</p> <p>Component 2</p> <p>Learners will explore different sports that will be performed, as well as isolated skills and competitive practices that will be performed, including exploring the official roles and responsibilities in these sports, and how rules are applied.</p> <p>Learners will discuss how video evidence will be collated, and what skills and competitive practices will need to be shown in their videos</p> <p>Learners will explore the different skills required for participation and the different strategies that can be used to develop performance. Having a good understanding of the rules of sport is important for both participant and officials. They will learn about the different types of official and</p>	<p>Learning Intent for this module:</p> <p>Component 2</p> <p>Learners will investigate the components of fitness and their effect on performance and take part in practical sport. This component introduces learners to the different components of physical and skill-related fitness and how they impact on performance in a variety of different types of sports and physical activities.</p> <p>Learners will be able to use methods to improve other participants' sporting skills. They will provide demonstrations and teaching points to introduce participants to the techniques required for different sporting skills. They will also be able to select and organise suitable drills and support participants to take part in the drills to develop their sporting skills.</p>

	<p>their roles in different sports and the rules of the different sports</p>	
<p>Key Content to be learned:</p> <p>Component 1: Preparing participants to take part in sport and physical activity</p> <p>Learning Outcome A: Explore types and provision of sport and physical activity for different types of participants.</p> <p>A1 Types and providers of sport and physical activities. A2: Types and needs of sport and physical activity participants. A3: Barriers to participation in sport and physical activity for different types of participants. A4 Methods to address barriers to participation in sport and physical activity.</p> <p>Learning outcome B: Examine equipment and technology required for participants to use when taking part in sport and physical activity.</p> <p>B1: Different types of sports clothing and equipment required for participation in sport and physical activity. B2: Different types of technology and their benefits to improve sport and physical activity participation and performance.</p>	<p>Key Content to be learned:</p> <p>Component 1: Preparing participants to take part in sport and physical activity</p> <p>Learning outcome C: Be able to prepare participants to take part in physical activity</p> <p>C3: Delivering a warm-up to prepare participants for physical activity.</p> <p>Component 2: Understand how different components of fitness are used in different physical activities.</p> <p>Learning outcome B: Be able to participate in sport and understand the roles and responsibilities of official</p> <p>B1: Techniques, strategies and fitness required for different sports B2: Understand the key responsibilities associated with each of these roles: Referee, umpire, judge, scorer, timekeeper, line judge, video review officials. Responsibilities: fitness requirements, appearance, equipment, effective communication, health and safety. B3: Rules and regulations in sports</p>	<p>Key Content to be learned:</p> <p>Component 2: Understand how different components of fitness are used in different physical activities.</p> <p>Learning Outcome A: Understand how different components of fitness are used in different physical activities.</p> <p>A1: Components of physical fitness. A2: Components of skill-related fitness.</p> <p>Learning outcome C: Demonstrate ways to improve participants sporting techniques</p> <p>C1: Planning drills and conditioned practices to develop participants’ sporting skills C2 Drills to improve sporting performance</p>

<p>B3: The limitations of using technology in sport and physical activity.</p> <p>Component 1 Learning outcome C: Be able to prepare participants to take part in physical activity</p> <p>C1: Planning a warm-up C2: Adapting a warm-up for different categories of participants and different types of physical activities.</p>		
<p>Assessment for this module:</p> <ol style="list-style-type: none"> 1. PSA Task 1 – Learning Outcome A: Explore types and provision of sport and physical activity for different types of participants (Past PSA – Practice Assessment) 2. PSA Task 2 – Learning Outcome B: Examine equipment and technology required for participants to use when taking part in sport and physical activity (Past PSA – Practice Assessment) 3. PSA Task 3 – Learning Outcome C: Be able to prepare participants to take part in physical activity. Planning a warm up (Past PSA – Practice Assessment) 	<p>Assessment for this module:</p> <ol style="list-style-type: none"> 1. PSA Task 3 - Learning Outcome C: Be able to prepare participants to take part in physical activity. Delivery of a warmup (Past PSA – Practice Assessment) 2. Pearson Set Assessment – Component 1 Preparing participants to take part in sport and physical activity: 5-hour written examination. 3. Pearson Set Assessment – Component 1 Preparing participants to take part in sport and physical activity: 5-hour practical examination. Task 3: Preparing participants to take part in physical activity. 	<p>Assessment for this module:</p> <ol style="list-style-type: none"> 1. PSA Task 2 – Learning Outcome B: Be able to participate in sport and understand the roles and responsibilities of officials. Video recordings of sports skills in isolated practices and sports skills and strategies in competitive situations for a selected sport. 2. PSA Task 3 – Learning Outcome B: Be able to participate in sport and understand the roles and responsibilities of officials (Past PSA – Practice Assessment) 3. PSA Task 1 – Learning Outcome A: Understand how different components of fitness are used in physical activities (Past PSA – Practice Assessment) 4. PSA Task 4 – Learning Outcome C: Demonstrate ways to improve participant’s sporting techniques. Plan of

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		drills, conditioned practices and video footage.
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