



BTEC Sport Learning Journey

Year
11

Component 3 Learning Aims

- A** - Explore the importance of fitness for sports performance.
- B** - Investigate fitness testing to determine fitness levels.
- C** - Investigate different fitness training methods.
- D** - Investigate fitness programming to improve fitness and sports performance.

Component 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity

Year
10

Component 2 Learning Aims

- A** - Understand how different components of fitness are used in different physical activities.
- B** - Be able to participate in sport and understand the roles and responsibilities of officials.
- C** - Demonstrate ways to improve participants sporting techniques.

Component 2: Taking Part and Improving Other Participants Sporting Performance

Year
10

Component 1 Learning Aims

- A** - Explore types and provision of sport and physical activity for different types of participant.
- B** - Examine equipment and technology required for participants to use when taking part in sport and physical activity.
- C** - Be able to prepare participants to take part in sport and physical activity.

Component 1: Preparing participants to take part in Sport and Physical Activities

Component 1 - Coursework unit based on Pearson Set Assignments. Internally marked and Externally Verified.
Component 2 - Coursework unit based on Pearson Set Assignments. Internally marked and Externally Verified.
Component 3 - Examination unit. Externally marked.