



Curriculum Overview: BTEC PE

Our BTEC Sport course covers the following four modules:

Unit 1: Fitness for Sport and Exercise ONLINE EXAM

Unit 2: Practical Sports Performance

Unit 5: Training for Personal Fitness

Unit 6: Leading Sports Activities

Year 10 pupils completing this course will participate in both practical and theoretical lessons to develop a knowledge and understanding of sport, leadership, health and fitness. At Year 10 pupils complete units two and five.

The BTEC course is predominately coursework based with one online assessment. Each unit of the course is graded at Pass, Merit, Distinction and Distinction* with an average final grade awarded once all units are complete. Equivalent GCSE grades are identified below:

BTEC Grade	Equivalent GCSE Grade
Level 1 Pass	(D) 3
Level 2 Pass	(C) 4/5
Level 2 Merit	(B) 5/6
Level 2 Distinction	(A) 7

Unit 1 learning aims:

- A. Know about the components of fitness and the principles of training.
- B. Explore different fitness training methods.
- C. C-investigate fitness testing to determine fitness levels.

Unit 2 learning aims:

- A. Understand the rules, regulations and scoring systems for selected sports.
- B. Practically demonstrate skills, techniques and tactics in selected sports.
- C. Be able to review sports performance.

Unit 5 learning aims:

- A. Design a personal fitness training programme.
- B. Know about exercise adherence factors and strategies for continued training success.
- C. Implement a self-designed personal fitness training programme to achieve own goals and objectives.
- D. Review a personal fitness training programme.

Unit 6 learning aims:

- A. Know the attributes associated with successful sports leadership.
- B. Undertake the planning and leading of sports activities.

C. Review the planning and leading of sports activities.

