



## Supporting your child through BTEC First in Sport



### Theoretical Assessment

Students sit **one** external examination for BTEC Sport:

| Unit | Focus                           | Duration | %   | Date                     |
|------|---------------------------------|----------|-----|--------------------------|
| 1    | Fitness for Sports and Exercise | 1 hour   | 25% | Retake<br>Summer<br>2023 |

### Course Details

Awarding Body: [Edexcel](#) Website:

[BTEC 2012 Specification \(pearson.com\)](#)

Students are currently following the 2018 revised course - BTEC First Sport (2018)

### Assignments

The rest of the unit is split into 3 units

| Unit | Topic  | Content   | Date to be completed | Assessments                                  |
|------|--|---|----------------------|--|
| 2    | Practical Sports Performance                 | <b>What's assessed?</b> <ul style="list-style-type: none"> <li>Understanding the rules, regulations and scoring systems for selected sports</li> <li>Practically demonstrate skills, techniques and tactics in selected sports</li> <li>Be able to review sports performance</li> </ul>   | Summer 2022          | Assignment based assessment across the unit. |
| 5    | The Sports Performer in Action               | <b>What's assessed?</b> <ul style="list-style-type: none"> <li>Know about the short-term responses and long-term adaptations of the body systems to exercise</li> <li>Know about the different energy systems used during sports performance</li> </ul>   | Christmas 2022       | Assignment based assessment across the unit. |
| 3    | Applying the Principles of Personal Training | <b>What's assessed?</b> <ul style="list-style-type: none"> <li>Know about the musculoskeletal system and cardiorespiratory system and the effects on the body during training</li> <li>Implement a self - designed personal fitness training programme to achieve fitness goals</li> <li>Review personal fitness programme</li> </ul> | Easter 2023          | Assignment based assessment across the unit. |

### Intervention Sessions

11BSS1 - Monday lunch

11ASS1 - Wednesday lunch and Thursday break

### Revision top tips

1. Make a timetable leading up to Summer 2023
2. Complete practice exam questions
3. Use flash cards
4. Follow BTEC Sport YouTube revision channels
5. Listen to revision podcasts
6. Create mind maps
7. Practice 8/9 mark exam questions.

Revision guide found here: [sQuid Login \(squidcard.com\)](#)

Revision flash cards: [BTEC First in Sport: Revision Question Cards | CGP Books](#)

### Contacting the department

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