

KS4 COURSE OPTIONS – Year 10

Course Title	BTEC Sport
Course Description	<p>The Sport course encourages personal development in both practical and theory elements related to a sporting context e.g. work within the leisure industry or sports coaching. The variety of units seek to develop students' knowledge of the health, exercise and fitness industry whilst also developing those skills essential in the sports industry (communication, leadership, teamwork, ICT).</p> <p>Students will complete 120 Guided learning hours over the 3 year course. This will consist of 4 units, 2 compulsory and 2 optional.</p>
Course Content (Term 1,2,3 etc.)	<p>The order of the units studied over the three years may be subject to change on a yearly basis.</p> <p>Year 1 – Sports Leadership and start year 2 in Term 3 if appropriate Year 2 – Fitness for Sport and Practical Sport (sit exam when appropriate) Year 3 – Body in Action (availability to re-sit and improve Unit 1 test as required)</p> <p>Unit Information-</p> <p>Unit 1 – Fitness for Sport Students will develop an understanding of fitness and how we can train for specific sports. This will involve practical fitness testing and theory work related to training principles and methods</p> <p>Unit 2 – Practical sport Students will participate in a range of practical activities and develop their knowledge of the specific skills, techniques and tactics used when participating or officiating. They will then review what went well and how they would change or improve their performances.</p> <p>Unit 4 – Body in action Students will learn about how the body adapts and responds to exercise and how these effects occur in both the short term (immediately) and long term (after a prolonged period).</p> <p>Unit 6 – Sports leadership This unit introduces students to sports leadership, enabling them to start on the ladder of leadership and coaching, through delivering components of sports sessions and whole activity sessions. Students will be introduced to the basics of sports leadership and then will be required to plan, deliver and evaluate their ability to lead a sports activity session or component of a session.</p>
Extra-Curricular Opportunities	<p>The Extra-Curricular opportunities available for students run at lunchtimes and fixtures for school teams take place after school. A weekly BTEC catch up session is also available. The Extra-Curricular time-table can be found on the school web-site.</p>

	BTEC students also have the opportunity to help lead lunch time practises for Key Stage Three students.
Useful Websites	School PE page of the VLE – dedicated page to the BTEC Level 2 Sport course. This includes resources and work booklets used in the lesson. BBC sport web site – practical sport, coaching practises. Sport specific web pages eg. RFU/F.A/England netball (unit 2/6) Brianmac – fitness information.
Important Information	Students will be expected to complete both practical and theoretical lessons for this course. The unit order over the three years may be subject to change. Students have to complete a compulsory online assessment. Practical ability is not a necessity for the course but a passion for Sport and PE is essential.
Provision For Most Able	Differentiated lessons challenge and push more able students to work towards the highest possible level (Distinction/*). This may include taking on greater leadership, coaching or officiating roles or specific ability tasks related to overall achievement. Assisting other students and acting as mentor/role model Participation in the School Talented and Gifted programme.
Assessment	Unit 1 – Fitness for Sport and Exercise – external one hour on-line exam (multiple choice and short answer questions) Unit 2 – Practical sport (rules, regulations, tactics, practical technique) - Assignments x 3 1 – rules regulations, scoring and officiating in sport 2 – practical sport (technique/tactics) 3 – reviewing sports performance Unit 4 – Body in Action (how the body works and responds to exercise) Assignments x 3 1 – short term effects of exercise 2 – long term effects of exercise 3 – energy systems Unit 6 – Sports Leadership Assignments x 3 1 – skills of a successful leader 2 – planning and leading (lesson plans, risk assessment, lead a session) 3 – review of sports leadership - evaluation