

Year 10 BTEC TECH in Sport **Belong** **Achieve** **Thrive**
Component 1 : Preparing Participants to Take part in Sport and Physical Activity

Why do we deliver this?

This is the first externally moderated coursework component for BTEC TECH Award in Sport, this is worth 30% of their overall grade. In this component students will gain knowledge and understanding of the characteristics of different Sports, Outdoor adventurous activities and Physical Fitness Activities, and how individual needs can be linked to the sports and activities we take part in. Students will gain knowledge and understanding of the characteristics of different types of technology and equipment that are used in different sports and fitness activities. Students will learn about different types of provision and **explore barriers to participation and inclusivity, developing empathy and awareness of diverse needs. Students understand inclusion, barriers and diverse needs in sport, and see themselves as valued participants.** In this component students will gain knowledge and understanding of the phases of a warmup and why it is important that each phase is present in order for a warm up to be effective. Students will be asked to plan and lead a 3 Phase warm up independently, considering how they will organise and lead each section for a group of performers. Students will be graded on their level of confidence, communication, motivation and performance demonstration. **Students build coursework skills, applying theory to real-world scenarios and case studies. Students develop secure knowledge and meet assessment criteria through structured, scaffolded coursework. Students develop leadership, organisation and communication skills relevant to careers in sport, building leadership, empathy and transferable life skills that support future education, employment and lifelong participation in physical activity.**

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Component 2: Component 2: Taking Part and Improving Other Participants Sporting Performance

Why do we deliver this?

This is the second externally moderated coursework component for BTEC TECH Award in Sport, this is worth 30% of their overall grade. Component 2 develops students' ability to **participate in sport, analyse performance and lead others to improve.** It bridges theory and practice, requiring students to apply technical knowledge, communication and leadership in sporting contexts. Students will be assessed not only in their practical performance in their chosen sport, but also in their ability to lead a practical session in order to develop the performance of others. **Through clear routines, role clarity and supported leadership experiences, students build confidence and feel valued within practical and assessment settings. Students feel confident participating and leading within structured, supportive environments. Assessment criteria are explicitly taught and broken down into manageable steps to ensure accessibility. For SEND and PP learners. Students apply theory to practice, meeting clear assessment criteria and demonstrating progress in performance and coaching. Students develop leadership, organisation and communication skills relevant to careers in sport. Students develop leadership, resilience and transferable skills that support future education, employment and lifelong health.**

Y11 BTEC TECH in Sport **Belong** **Achieve** **Thrive**
Component 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity

Why do we deliver this?

This is the final component of the BTEC TECH Award in Sport. This Component is examined by an externally set, and marked, written 1hr 30min exam that is worth 40% of the overall grade. **Students demonstrate applied knowledge of fitness, training principles and body systems to meet examination criteria.** Content is based on understanding the components of fitness and their application to different sports, how athletes train for different sports in order to improve different components of fitness, and how we can test improvement and progress in performance. Students will develop the knowledge and understanding to apply the principles of training to different athletes as well as gaining an understanding of how the cardiorespiratory, muscular and skeletal system work during exercise and training. **Structured exam preparation and scaffolded revision ensure equitable access for SEND/PP learners. Structured teaching, vocabulary support and exam preparation ensure all learners can access the external assessment confidently.** **Students gain qualifications that open pathways into further education, employment and sport-related careers. Students leave with transferable knowledge, resilience and qualifications that support lifelong health and future pathways.**