



The Castle School

ACHIEVE | BELONG | PARTICIPATE

BTEC Tech award in Sport Level 1/2

September 2024 - June 2026



Equivalent to a GCSE qualification

Level / Qualification Grade	Grade Equivalent
Level 2 / Distinction*	8.5
Level 2 / Distinction	7
Level 2 / Merit	5.5
Level 2 / Pass	4
Level 1 / Distinction	3
Level 1 / Merit	2
Level 1 / Pass	1.25



Course Breakdown for BTEC

Component 1 3 tasks Pearson set assignments, with 5hrs of supervision	Component 2 4 tasks Pearson set assignment, with 4hrs of supervision	Component 3 External exam 1hr 30mins
30% (60marks)	30% (60marks)	40% (60marks)
100% in Total		



What will you learn in BTEC Sport?

Component 1: Preparing Participants to Take Part in Sport and Physical Activity:

- Explore types of sport and different provision of sport available.
- The barriers to participation and ways to overcome these barriers to increase participation.
- Research equipment and technological advances in a variety of sports.
- Understand why we warm up, how to **Practically** deliver a warmup and know how this effects our body. **This Component will be assessed by 3 tasks - A written essay, Powerpoint presentation and video and write up warm up**

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

- Components of fitness and their effect on performance
- Explore the role of the officials in sport
- **Practically** show they can perform skills in an isolated practice and competitive practice.
- Apply methods and sporting drills to improve other participants' sporting performance.
- This Component will be assessed by **4 tasks- A written essay, Powerpoint presentation, Practical performance video, video and write up of coaching a skill**

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

- Components of Fitness and measuring Exercise Intensity.
- Fitness testing, Training Methods and effects of training.
- Types of Motivation and Goal Setting



Component 1 (30%) Assessment in Spring 2025

Task	Objective	Time	Delivery Method	Assessment Method	Assessment Weighting
Task 1	Learners will use knowledge acquired to select suitable physical activities for the case study provided considering the provision available	2 hours	Theory and Practical	Written	12%
Task 2	Learners will use knowledge acquired to select and discuss how technology would affect provision for the case study person	1 hour	Practical	Presentation	6%
Task 3	Learners will demonstrate practical delivery, communication and planning by producing a warm-up plan and demonstration of the warm-up video* evidence will be of the warm up – approx. 10 mins	2 hours	Presentation	Video and Written	12%



Component 2 (30%) Assessment in Autumn 2025

Task	Objective	Time	Delivery Method	Assessment Method	Assessment Weighting
Task 1	Understand how different components of fitness are used in different physical activities	1 hour	Theory and Practical	Written	6%
Task 2	Video* of sports skills in a given scenario - approx. 15 min video in isolated practices and competitive situations	1 hour	Practical	Video	6%
Task 3	Rules, regs and roles and responsibilities of officials	1 hour	Practical	Presentation	6%
Task 4	Demonstrating one skills - video* evidence (approx. 10 mins) and written response	1 hour	Practical	Written and Video	12%



Component 3 (40%) Assessment in Summer 2026

Exam paper 1hr 30 mins. 40% of Grade

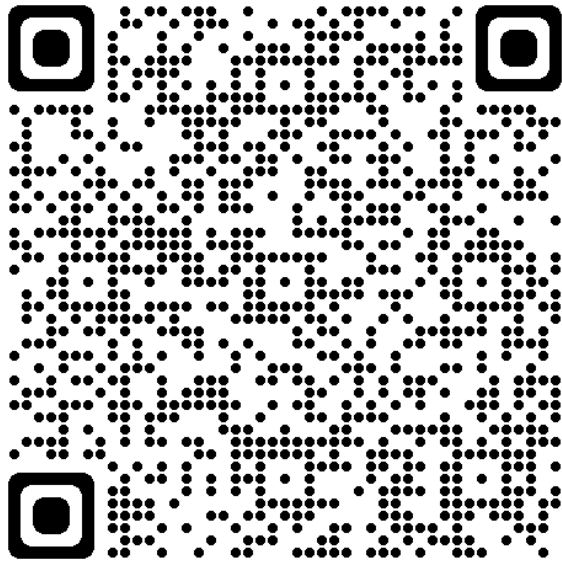
Exploring the importance of fitness for sport

- Components of fitness
- Principles of training
- Exercises intensity
- Investigating fitness testing
- Investigating different training methods
- Motivation and Goal Setting

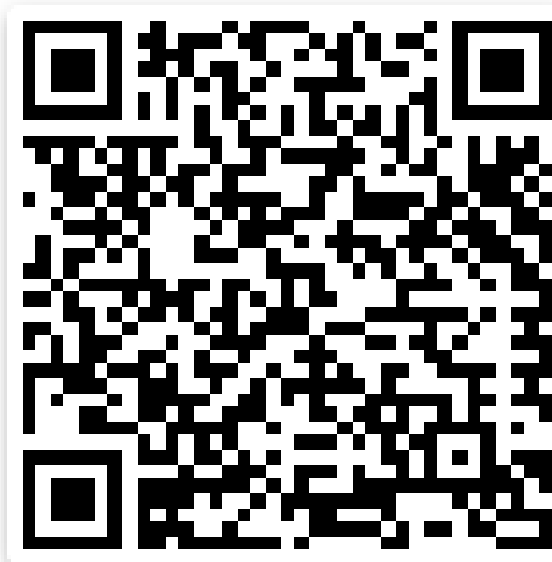


Recommend you take a picture of this QR link.

**Link for BTEC course
on edexcel website.**



Link to CGP Revision Guide





Top Tips for BTEC Sport

Keep your notes neat and detailed

You can use your notes from your book during assessments keep them neat and tidy , you can read back through them to find any answers.

Use Colour or Highlighters

Using colour in your work can help coordinate notes and draw your eyes to important information.

Be confident to answer questions in lesson

The more effort you give the more knowledge you will be able to recall. The classroom is a safe space to explore our ideas and wrong answers do not matter. You don't always get it right the first time but be confident to give new challenges a try, answer a question you think may not be right. We are here to support you to develop skills and knowledge to get the best outcome on the course.

Be Resilient and Reliable

We will complete a range of sporting activities, group tasks and individual practices. You need to be able to overcome challenges on your own and as a team. You may be working with those who you don't know or are not the best of friends with. Be reliable so that your team can depend on you to contribute to task and activities.



Top Tips for BTEC Sport

Attending at least 1 sports enrichment per week in school.

Competing in House Sport competitions.

Ideally participating/ competing in at least 1 sport outside of school.

Participate in refereeing/ volunteering/ coaching opportunities where possible.



The Castle School

ACHIEVE | BELONG | PARTICIPATE

Any Questions