



TCA PE Department

BTEC Level 2 Sport

What does
the course
consist of?

A 2 year course with 4 units of
work to complete

- 3 units of coursework
- 1 online exam.



Unit 2: Practical Sport Performance

In this unit we will look at:-

- The rules and regulations of sports
- The different scoring systems
- How to perform different skills and techniques (practical lessons)
- Skills and Tactics required in sport
- Reviewing sports performance
- This is a COURSEWORK unit

Unit 3: Training For Personal Fitness

In this unit we will look at:-

- Designing your own fitness programme
- Keeping training diaries
- Performing fitness tests
- Reviewing how successful your training has been
- This is a COURSEWORK unit

Unit 6: Leading Sports Events

In this unit we will look at:-

- The skills, qualities and responsibilities of a successful sports leader
- Leading sports sessions
- Reviewing your own leadership skills
- This is a COURSEWORK unit



What can students do to help complete coursework?



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- All student work is stored in OneDrive which can be accessed through logging into the school website and school email. All students have a log in and password and know how to access their own work. If they forget their login details, they can email ICTrequests@theacademycarlton.org for help
- Students can therefore complete coursework at home and ask for any help during lessons or email the member of staff who teaches them.



Unit 1: Fitness for Sport and Exercise

In this unit we will look at:-

- The components of fitness
- Training methods and the principles of training
- How to test your fitness levels
- This will be examined via an online exam at the start of Y11 and you are allowed to sit the exam TWICE



Sample questions:



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Identify which **one** of these is a component of skill-related fitness. (1)

Click on **one** of the boxes.

Flexibility

Muscular strength

Balance

Aerobic endurance

Ewan is 18-years-old and has a 400m race in 12 weeks' time.
He currently trains for 30 minutes twice a week with his coach at the athletics track.

Discuss how the FITT principles could be applied to a training programme for Ewan. (8)

Type your answer in the box.





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To summarise....

- Mock exam in November – real exam March 2022. Homework and revision materials will be set on SatchelOne. Revision books available before Xmas
- Coursework is ongoing and requires students to spend some time at home completing unfinished work on OneDrive
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