

BTEC Level 1 Certificate in Sport and Active Leisure

Pupils will complete the qualification throughout year 10 and year 11.

Pupils will have three lessons per week. Two will be based in the classroom as theory lessons. The aim of these lessons is to assist pupils in completing coursework. The coursework will go towards their final grade. The third BTEC lesson of the week will be a practical.

Pupils will complete **four** units. These are:

1. How the Body Works

This unit investigates how the main body systems work and the effect physical activity has on them.

2. Taking Part in Sport

This unit allows pupils the opportunity to participate in a number of different sports, developing their individual skills and effectiveness to compete. Pupils will also evaluate their own strengths and weaknesses in each sport and identify how they could improve.

3. Assisting a Leader of Sport or Active Leisure Activities to Plan and Deliver an Activity

Pupils will learn about factors which make up a successful physical activity session. They will then use this knowledge to plan, deliver and evaluate their own physical activity lesson.

4. Planning Own Fitness Programme

Pupils will learn about factors which make up a successful fitness programme. They will then use this knowledge to plan, deliver and evaluate their own fitness programme.

Assessment of the stated units will take the form of a mixture of written assignments, written diary, information booklets/posters, video dairy and PowerPoint presentation.

Where time allows, alongside the BTEC course there will be the opportunity to complete a coaching/leadership qualification/s.

Pupils will also have two core P.E lessons a week where they will take part with the rest of their year group. These lessons are not linked to the BTEC.

The BTEC Level 1 Certificate is broadly equivalent to two GCSEs at Grade E.

On completion of this course pupils may choose to move onto higher BTECs in Sport or GCSE P.E.