

## L2 BTEC Sport: Exam Board: Edexcel

### BTEC Sport Structure

Pupils cover four units throughout the course. **Unit 1: Fitness for Sport and Exercise** is an external exam that was sat in January 2020. **Unit 2: Practical Sports Performance** was signed off in June 2020.

We currently await exam board and government advice with regards any adjustments to the assessment criteria.

Week Beginning	Unit 3: Training for Personal Fitness	Homework	Drop In Session
12/10/20	Learning Aim A Submission and sign off	-	13/10/20
19/10/20	Learning Aim B: Musculoskeletal Systems	Research the impact of warming up on the musculoskeletal system	20/10/20
2/11/20	Learning Aim B: Cardiorespiratory System	Research the short term effects of exercise on the cardiorespiratory system	3/11/20
9/11/20	Learning Aim C: Training Diary Write Up Week 1		10/11/20
16/11/20	Learning Aim C: Training Diary Write Up Week 2		17/11/20
23/11/20	Learning Aim C: Training Diary Write Up Week 3		24/11/20
30/11/20	Learning Aim C: Training Diary Write Up Week 4		1/12/20
7/12/20	Learning Aim C: Training Diary Write Up Week 5		8/12/20
14/12/20	Learning Aim C: Training Diary Write Up Week 6 and submission		15/12/20
<b>Christmas Homework: Corrections and adjustments to Learning Aim C</b>			
4/1/21	Learning Aim D: Identifying strengths and areas for improvement.	Consider recommendations to improve training programme	5/1/21
11/1/21	Learning Aim D: Justify recommendations considering impact on future performance		12/1/21
18/1/21	Learning Aim D Submission and sign off		19/1/21
Week Beginning	Unit 6: Leading Sports Activities	Homework	Drop In Session
25/1/21	Learning Aim A: What makes a successful leader	Identify and justify successful leaders.	26/1/21
1/2/21	Learning Aim A: Attributes, qualities and skills of successful leaders	Describe the attributes of a successful leader of your choice	2/2/21
8/2/21	Learning Aim A: Responsibilities of a sports leader	Describe the responsibilities of a successful sports leader of your choice.	9/2/21
<b>Half Term: Research task on 2 successful sports leaders</b>			

22/2/21	Learning Aim A: Evaluate, compare and contrast attributes of two successful sports leaders.		23/2/21
1/3/21	Learning Aim A Submission and sign off		2/3/21
8/3/21	Learning Aim B: Planning to deliver a sports activity 1	Produce a plan to deliver a session on a sporting activity of your choice	9/3/21
15/3/21	Learning Aim B: Planning to deliver a sports activity 2	Produce a plan to deliver a session on a different sporting activity	16/3/21
22/3/21	Learning Aim B: Session delivery 1 + recording	Review and feedback	23/3/21
29/3/21	Learning Aim B: Session delivery 2 + recording	Review and feedback	30/3/21
<b>Easter Homework: Write up any sessions completed and plan improvements to implement after the holidays.</b>			
19/4/21	Learning Aim B: Session delivery 3 + recording	Review and feedback	20/4/21
26/4/21	Learning Aim B: Session delivery 2 + recording	Review and feedback	27/4/21
3/5/21	Learning Aim C: Planning and leadership review	Identify areas for development	4/5/21
10/5/21	Learning Aim C: Justify targets for future development		11/5/21
17/5/21	Learning Aim B+C Submission and sign off		18/5/21

## Being Organised

Resources for all units can be found in 'class notebook' in Teams

## Other online material

Mr B YouTube: [https://www.youtube.com/channel/UC4aEfy\\_BrFnHC3S-xIBsfqw/videos](https://www.youtube.com/channel/UC4aEfy_BrFnHC3S-xIBsfqw/videos)



Planet PE YouTube: <https://www.youtube.com/channel/UCZYCR8YjZib5S3DMZW3u7g>

