

# Free Choice GCSE

## BTEC First Certificate in Sport

**Head of Department:** Mrs J Reid

**Exam Board:** Edexcel

**Lesson Schedule:** 2 per week

### General Information

The BTEC First Certificate is a qualification equivalent to 1 GCSE. It introduces students to practical elements involved in sport. Students will be able to explore sport in its vocational context and participate in activities that will introduce them to the world of sport and their role within it. The Units address their own fitness and skill levels and how they can improve and develop their own performance.

Students are encouraged to take advantage of assisting at lunchtime and after school clubs which are run by staff within the PE department. This enables students to develop individual skills and interests and to extend their practical ability to enable them to complete coursework to an excellent standard.



### Assessment Information

Coursework (2 units) - 100%

There will be no formal exams for this qualification. All assessment takes place by the completion of 2 major pieces of coursework during the 2 years.

### Unit 1 – Fitness Testing and Training

This unit enables students to explore the essential fitness requirements and training methods used to achieve successful sports performance. It also explores lifestyle and psychological factors and the effects these can have on sports training and performance. Students will investigate their personal fitness levels by participating in a series of fitness tests.

### Unit 2 – Practical Sport

The aim of this unit is to develop the student's knowledge of the rules, skills and techniques for one team and one individual sport through practical application. On completion of this unit students will be able to practice and refine their individual skills and techniques, experience tactics and team formations and be able to analyse their strengths and areas for improvement of themselves and others

Each unit of coursework is assessed by the completion of projects which will be carried out in the classroom and in the student's own time. Evidence for assessment may be generated through a range of activities including workplace assessment, role play, verbal and written presentations. Students will be encouraged to take responsibility for their own learning and achievement, taking into account industry standards for behaviour and performance.