

# Year 9 Subject Options

## BTEC First Award in Sport

**Qualification: BTEC First Award in Sport**

**Exam Board: Edexcel**

**Level of Achievement: Level 1 Pass, Level 2 Pass, Level 2 Merit, L2 Distinction**

### What you will study

**You will study 2 core Units:**

1. Fitness for Sport and Exercise – you will learn about different components of fitness and how to test them. You will also study training methods.
2. Practical Sports Performance – You will take part in 2 practical sports; 1 team and 1 individual. You will keep a diary of your performance, learn about rules and officiating and learn how to analyse performance.

**Additional 2 Units:**

1. Training for Personal Fitness – Understanding of different training methods and how to design your own training programme for your sport.
2. Leading Sports Activities – you will coach your peers in a sport of your choice and assist in the organisation of a sports event.

### Assessment – How you will get your final grade

Assessment

25% online test for UNIT 1 – Fitness for Sport and Exercise

75% Assignment based (written and practical)

Work is assessed using the Pass, Merit and Distinction criteria.

### Subject Teachers:

- Miss Charlton
- Miss Gill
- Mr Collins
- Miss Spurr
- Mr Nixon

### Student Voice

For more information on this subject speak to ...

*Theo Sparkes*



### Teacher Voice

For more information on this subject speak to

*Miss Spurr*



### Useful Links:

Websites:

<https://www.edexcelonline.com/Account/Login.aspx>

Exam Board:

<http://www.edexcel.com/Pages/Home.aspx>