



# BTEC Sport

Level 1/2 Tech Award

Component 1



Name: .....

Teacher: .....

# Overview:

Component	GLH	Qualification Weighting	Marks available	Types of assessment	Length of assessment
1. Preparing to take part in sport and physical activity	36	30%	60	Internal (PSA) 3 tasks Externally moderated	5 hours of supervised sessions
2. Taking part and improving other participants sporting performance	36	30%	60	Internal (PSA) 4 tasks Externally moderated	4 hours of supervised sessions
3. Developing Fitness to improve other participants performance in sport and physical activity	48	40%	60	External synoptic exam, Externally marked	1 hour 30 mins

## Component 1:

### Learning Outcomes:

**A – Explore **types of provision** of sport and physical activity for different types of participant**

**B – Examine **equipment and technology** for participants to use when taking part in sport and physical activity**

**C – Be able to **prepare participants** to take part in sport and physical activity**

# What evidence will I need to submit for LAA?

## Scenario:

- Samantha is a 26-year-old female, who works full-time. She is a single parent with two children aged 1 and 3 years old. She is lacking some self-confidence and misses spending time with her friends, as most days she is working, then taking care of her children.
- Samantha does not own a car but does have a bicycle that she used to ride when she was younger to cycle to friends that lived outside of her village.
- Samantha used to enjoy taking part in physical activities when she was at school eight years ago, but since then has not regularly taken part in any sport or physical activity. She does not have much disposable income but wants to improve her fitness and lose some excess body weight.
- The nearest provision for sport and active leisure for Samantha is a public sector leisure centre that is three miles away, which offers a wide range of sports, outdoor activities, and physical fitness activities.

## Task 1 (example):

Increasing participation in regular sport or physical activity for different types of sports participants.

1. Using the vocational context provided, produce a written response to choose two physical activities from the following list: sports, outdoor activities, physical fitness activities that would be appropriate for Samantha to take part in

Your written response should include an account:

2. to justify your chosen physical activities and how they meet the needs of the selected participant
3. of the characteristics of the type of provision in the participant's local area and the advantages and disadvantages of this provision for your chosen physical activities and the needs of the selected participant
4. of potential barriers to participation in your chosen physical activities for the selected participant
5. of methods to overcome these barriers to participation for this selected participant and the chosen physical activities.

## A1 Types of Providers

### Sports

Competitive activities involving:

- 1.
- 2.
- 3.



#### Team Sports (examples)

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#### Individual Sports (examples)

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## A1 Benefits of Taking Part in Sport

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**Any other information:**

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## Outdoor Activities

Involves:

- 1.
- 2.
- 3.



### Outdoor Activities (examples)

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## A1 Benefits of Taking Part in Outdoor Activities

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**Any other information:**

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**Physical Fitness Activities**  
Involves:  
1.



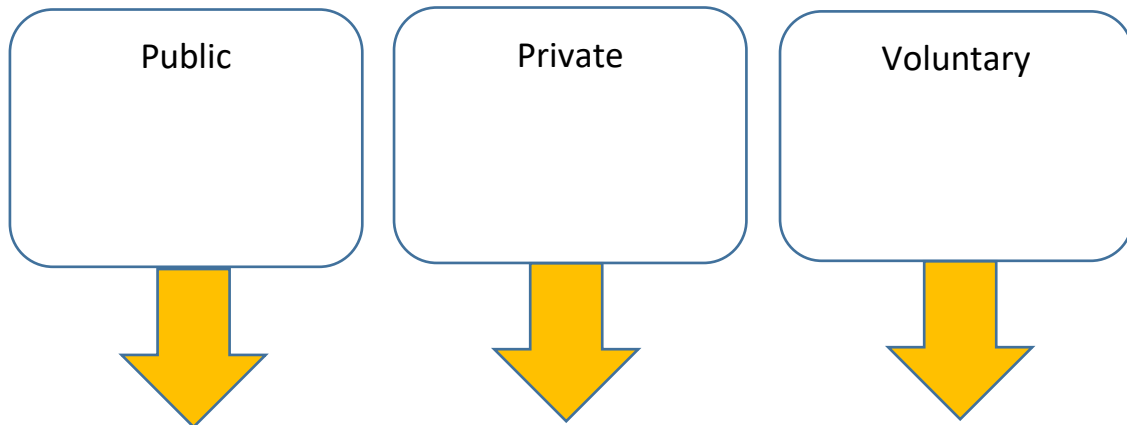
**Physical Fitness Activities**  
**(examples)**  
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**A1 Benefits of Taking Part in Physical Fitness Activities**

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**Any other information:**  
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## A1 Provision for Physical Activity



<b>Funding</b>			
<b>Sources</b>			
<b>Aims</b>			
<b>Quality</b>			
<b>Accessibility</b>			

# A1 Advantages & Disadvantages

Public

Advantages:

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Disadvantages:

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Private

Advantages:

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Disadvantages:

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Voluntary

Advantages:

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Disadvantages:

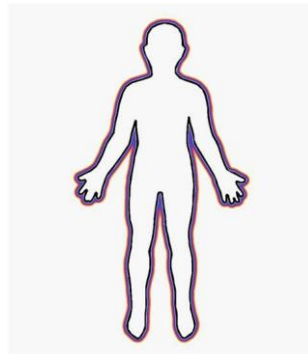
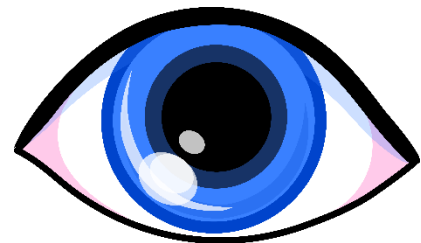
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## A2 Types of Participants (AGE)



## A2 Types of Participants (DISABILITY)



## A2 Types of Participants (LT Health Conditions)

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# Asthma:



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# Type 2 Diabetes:

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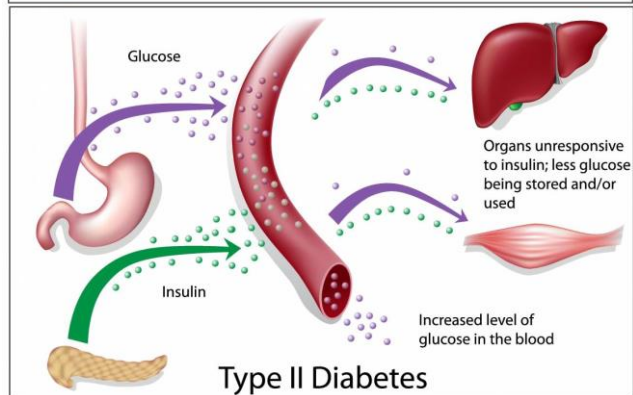
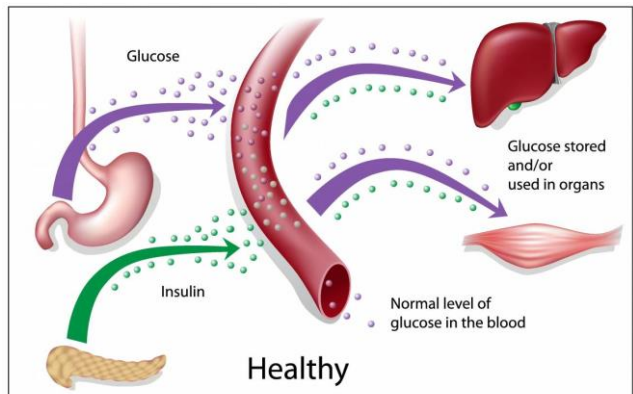
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## High Blood Pressure:



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## Coronary Heart Disease:

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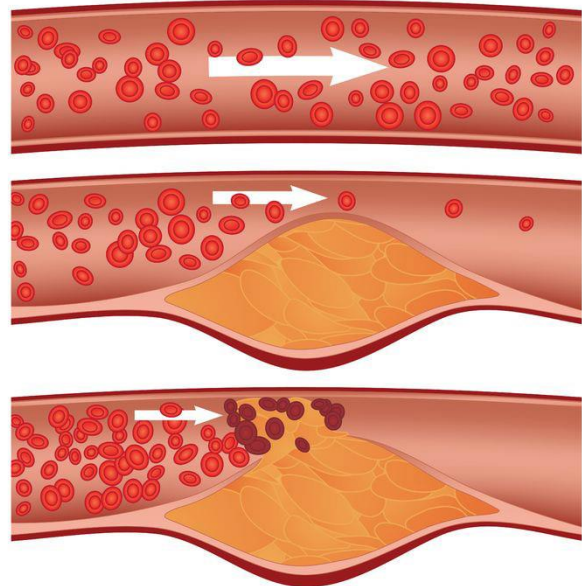
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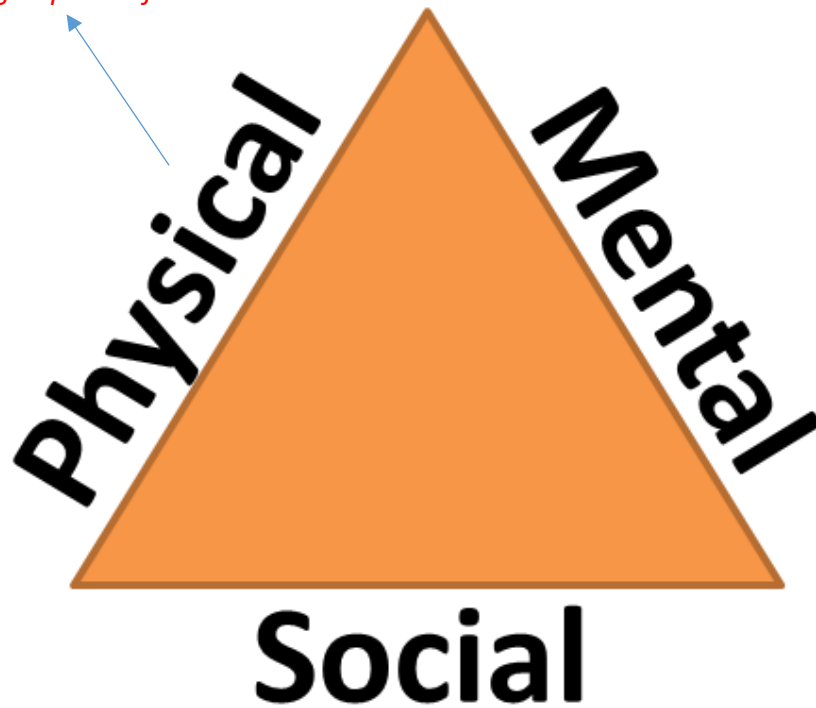
## A2 Physical Activity Needs

Government Guidelines:

Children/Young People:

Adults:

*e.g Improves fitness*



Any other information:




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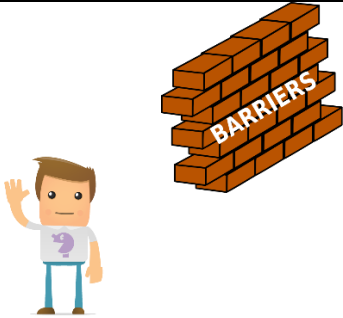

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# A3 Barriers to Participation

	Barrier	Explanation	Addressing Barrier
			
			
			

**Any other information:**

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## Learning Outcomes:

A – Explore **types of provision** of sport and physical activity for different types of participant

B – Examine **equipment and technology** for participants to use when taking part in sport and physical activity

C – Be able to **prepare participants** to take part in sport and physical activity

# What evidence will I need to submit for LAB?

## Scenario:

- Samantha is a 26-year-old female, who works full-time. She is a single parent with two children aged 1 and 3 years old. She is lacking some self-confidence and misses spending time with her friends, as most days she is working, then taking care of her children.
- Samantha does not own a car but does have a bicycle that she used to ride when she was younger to cycle to friends that lived outside of her village.
- Samantha used to enjoy taking part in physical activities when she was at school eight years ago, but since then has not regularly taken part in any sport or physical activity. She does not have much disposable income but wants to improve her fitness and lose some excess body weight.
- The nearest provision for sport and active leisure for Samantha is a public sector leisure centre that is three miles away, which offers a wide range of sports, outdoor activities, and physical fitness activities.

## Task 2 (example):

Using the vocational context provided, you should now produce a presentation about the types of equipment and technology that Samantha would need participate in one physical activity of your choice from the following list:

- sport
- outdoor activity
- physical fitness activity

Your presentation should include an account:



- to justify your choices of the different types of sports clothing and equipment required for Samantha to take part in your chosen sport, outdoor activity or physical fitness activity
- to justify the use of the different types of technology available for Samantha to participate in your chosen sport, outdoor activity, or physical fitness activity
- of the benefits and limitations of using this technology for Samantha to participate in your chosen sport, outdoor activity or physical fitness activity.



## B1/2/3 Types of Sports Clothing and Equipment

	<b>Benefit</b>	<b>Description</b>	<b>Advantages</b>	<b>Disadvantages</b>
	<b>Clothing</b>			
	<b>Footwear</b>			
	<b>Sport Specific</b>			

	<b>Protection/Safety</b>			
	<b>Equipment for disabilities</b>			
	<b>Facilities</b>			

	<b>Officiating</b>			
	<b>Performance analysis</b>			

**Any other information:**

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What sports clothing/equipment would these athletes need to take part in their sport?



# Learning Outcomes:

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## What evidence will I need to submit for LAC?

### Scenario:

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## Task 3 (example):

Samantha is ready to take part in your chosen physical activity (sport, outdoor activity or physical fitness activity).

### Part 1

You will need to produce a written response of a plan for a warm-up for Samantha to prepare her for participation in your chosen physical activity, giving reasons for your choices of activities for each component of the warm-up. Your written response should include:

- a warm-up plan that includes a pulse raiser, mobiliser and preparation stretches for the selected participant to prepare them to take part in your chosen physical activity
- an account to justify the choice of activities in each component of the warm-up related to the needs of the participant, the responses of the cardiorespiratory system and musculoskeletal system and the chosen physical activity.

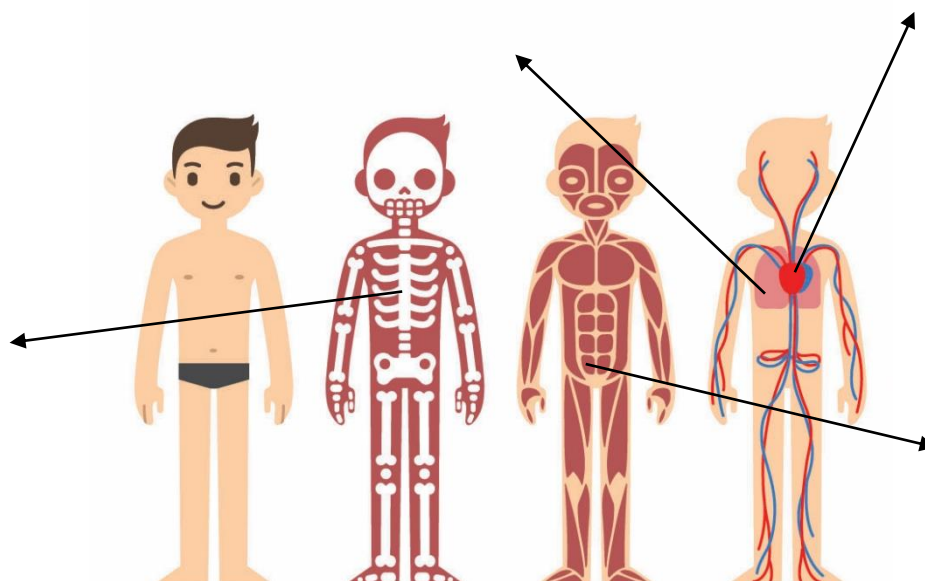
### Part 2

You will also need to provide video evidence of you demonstrating that you are able to deliver your planned warm up to the participants.

Your video footage should include:

- practical evidence including demonstrations and audio of you delivering a warm-up to a group of participants to include: o pulse raiser o mobiliser and o preparation stretches
- practical evidence including audio of you supporting participants to take part in a warm-up for your chosen physical activity using key teaching points to support good practice.

## Body Systems



## C1 Planning a Warm Up

*Jogging*



## C1 Responses to the Cardiovascular & Musculoskeletal Systems

Cardiovascular System	Musculoskeletal System
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•	•
•	•

**Any other information:**

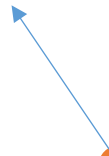
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*Arm Swings*



**Mobiliser Activities**

## C1 Responses to the Cardiovascular & Musculoskeletal Systems

Cardiovascular System	Musculoskeletal System
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**Any other information:**

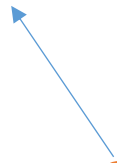
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**Stretching Activities**

## C1 Responses to the Cardiovascular & Musculoskeletal Systems

Cardiovascular System	Musculoskeletal System
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**Any other information:**

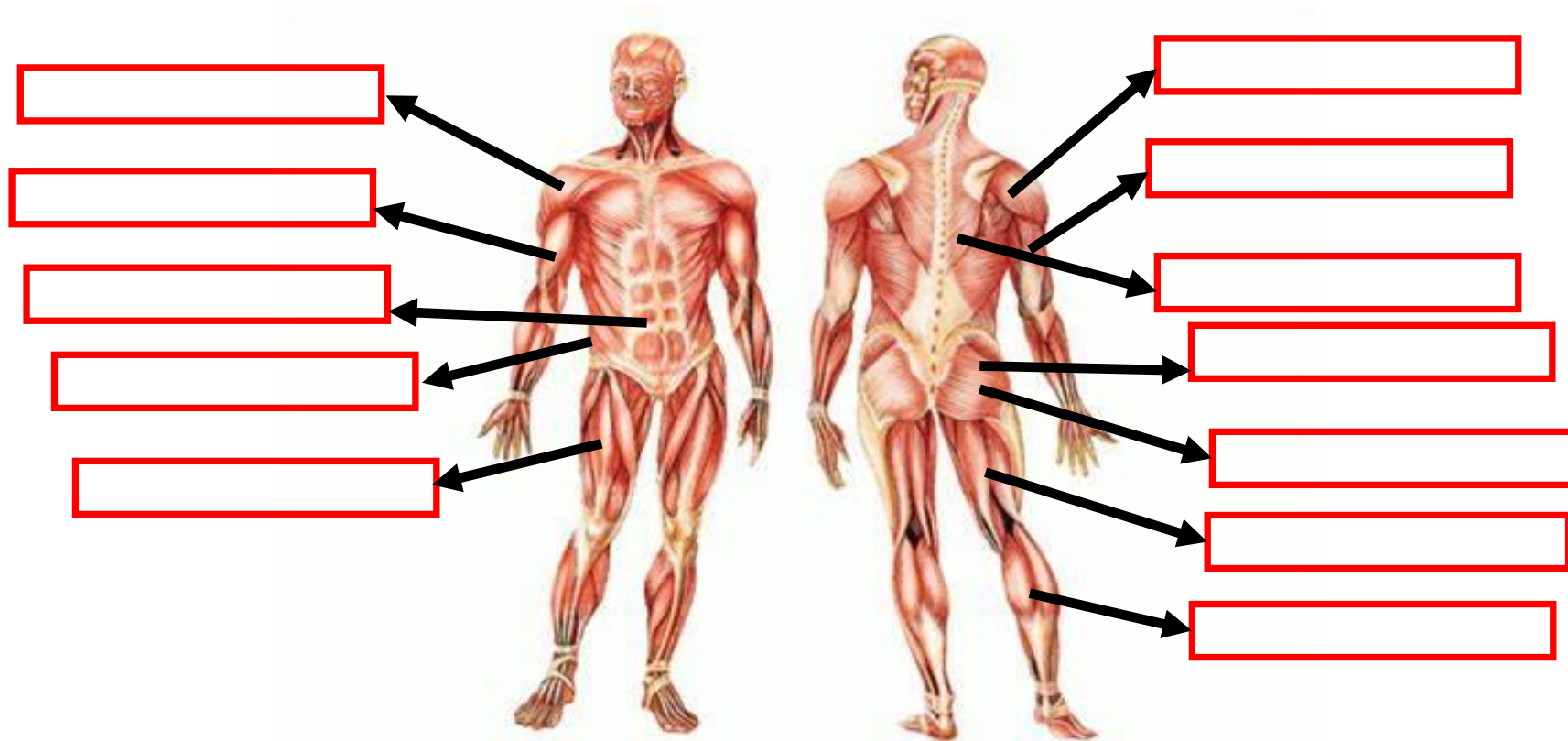
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## C1 Location of Muscles



**Word Bank:**

*Biceps, Triceps, Deltoid, Erector Spinae, Pectorals, Abdominals, Quadriceps, Hamstrings, Hip Flexors, Gastrocnemius, Gluteus Maximus, Oblique's*

## C2 Adaptions to warm ups for different participants/ activities

Participants	Activities
<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li></ul>	<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li></ul>

## C2 Delivering a warm up

Organisation/Demonstrations	Supporting Participants
<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li></ul>	<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li></ul>

**Any other information:**

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