

OVERVIEW

The Tech Award gives learners the opportunity to develop sector-specific applied knowledge and skills through realistic vocational contexts. Learners will have the opportunity to develop applied knowledge and skills in the following areas: investigating provisions for sport including equipment and facilities to enhance sport, planning and delivery of sport drills and sessions, and fitness for sport including fitness testing and methodology. Completion of Component 2: Taking Part and Improving Other Participants Assessment:

Controlled You will learn about the different types of official and their roles in different sports assessment and the rules of the different sports. released by the Lastly, this component will help you to explore ways to improve other participants' exam board and performance through breaking down skills and techniques into their component completed in class. parts and using demonstrations, teaching points and appropriate drills to develop and improve their performance. In this component, you will develop transferable skills, such as communication, problem solving and analytical skills. It will give you opportunities to develop and improve your own and other's sporting performance, which will support your progression to Level 2 or 3 vocational or academic qualifications. **Component 3: Developing Fitness to Improve Other Participants** Assessment: Performance in Sport and Physical Activity Students will gain an appreciation and understanding of the different fitness This external component components, fitness tests, training methods and training principles that can be builds on knowledge, incorporated into their training regime to further enhance and improve their sports understanding and skills performance. acquired and developed in Components 1 and 2, Students will train regularly to improve and maintain their fitness levels and and includes synoptic performance. Their training programmes will be tailored to their specific training assessment. needs and their sport. A performer's training cycle can incorporate lots of different A 1.5 hour exam worth fitness training methods, such as circuits for muscular strength and endurance. 60 marks will be Incorporating different fitness training methods keeps training interesting, which completed under helps to keep motivation levels high. supervised conditions. Sum Assessment:

Useful resources for supporting your child at home:

- BTEC Sport revision guide
- BTEC Sport workbook
- Everlearner online resource

Homework:

- Attending an Aspire club both as participant and as a sports leader.
- Everlearner online platform