

Physical Education at Key Stage 4

Course Content

At Key Stage 4 Students are given the option to study Pearson BTEC First Level 1 and 2 Award in Sport (as well as all students doing core PE as part of their weekly timetable).

BTEC Sport follows 4 key Units of study across a 2 year programme.

Unit 1: Fitness for Sport and Exercise

This is an externally assessed unit where students study areas including 'components of fitness', 'training methods', 'principles of training', and 'fitness testing'. Students then sit a computer based examination marked out of 50.

Units 2, 5 and 6 are internally assessed by both an Internal Verifier and the Course Assessor. Samples from these units must also be sent off to External Verifier from the Exam board, to ensure that marks allocated are fair and accurate.

Unit 2: Practical Sports Performance

Students participate in a wide range of sporting activities before submitting video evidence of them participating in 2 sports to the highest possible standard. Students must also submit controlled assessment in the areas of rules and regulations, and analysis of performance, for these 2 sports. An ability to meet deadlines is crucial for success in BTEC Sport.

Unit 5: Training for Personal Fitness

Students undertake a range of tests to learn about their health and fitness. They must then consider these test results in accordance with their sporting ambitions and health and wellbeing, before designing a six week fitness programme with a view of achieving improvements in identified areas.

Unit 6: Leading Sports Activities

Students learn about the key attributes of strong leadership. They must undertake the planning and leading, as well as reviewing their leadership within a practical setting. This unit provides learners with what could be the first step into sports leadership.

Pupils are expected to wear the full, correct kit, illustrated below:



This is an overview of the course for each year. Further details are included in the Scheme of Learning for this subject. If you wish to see a copy of the Scheme of Learning you should contact the school office. If it is a printed document we will have to make a small photocopying charge, in accordance with school policies. Please note the Scheme of Learning is a working document which changes as the year progresses.