

SPORT

BTEC L1/2 Sport Units taught in KS4

AUTUMN	SPRING	SUMMER
Unit 2 – Practical Sport	Unit 5 – Training for Personal Fitness	Unit 6 – Leading Sports Activities
Football/ Rugby	Fartlek Training	Various Sports
Netball/ Hockey	Interval Training	Video Evidence for External Verification
Video Evidence for External Verification	Continuous Training	
Written/ Oral Assessments	Circuit Training	
Unit 1 – Fitness for Sport and Exercise	Weight Training	
On Screen Exam	Stretching/ Flexibility Training	

During KS4, pupils are taught to:

- Use and develop a variety of tactics and strategies to overcome opponents in team and individual games.
- Develop their technique and improve their performance in other competitive sports, or other physical activities.
- Take part in further outdoor and adventurous activities in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group.
- Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best.
- Continue to take part regularly in competitive sports and activities outside school through community links or sports clubs.

How parents can help to support their son's/daughter's learning:

- Ensure that your child is always equipped with full PE kit.
- Encourage them to attend extra-curricular clubs.
- Encourage them to watch/ take part in sport in their spare time.
- Encourage them to lead a healthy, active lifestyle.
- Encourage them to complete all homework set.

The following websites can help your son/daughter's learning:

- <https://www.showmyhomework.co.uk/>
- @bridschoolpe (Twitter)
(your child will have their own logins)

If you have any queries, please contact Mr D Wilbor

