

BTEC Sport

SOW

Level 2 BTEC Sport SOW (As of September 2022)

Component 1: Preparing Participants to take part in Sport and Physical Activity

(Internal assessment/external moderated)

Assignment to be released and administered October 2022. Assessment period December/January 2022/23.

Component 2: Taking Part and Improving other participants sporting Performance

(Internal assessment/external moderated)

Assignment to be released and administered February 2023. Assessment period May/June 2023.

Component 3: Developing Fitness to improve other participants performance in Sport and Physical Activity

(External Written Test)

To be taken January/February 2024.

Half Term	Content	Assessments / Homework
1	<p><u>Component 1</u></p> <ul style="list-style-type: none"> ○ Types and providers of sport and physical activity. ○ Types and needs of sports and physical activity participants. ○ Barriers to participation in sport and physical activity for different types of participants. ○ Different types of sports clothing and equipment required for participation in sport and physical activity. ○ The limitations of using technology in sport and physical activity. 	<ul style="list-style-type: none"> ○ Sport/physical activity research and participant profiles. ○ Provision analysis. ○ Barriers to participation overview. ○ Equipment and technology overview. ○ Scenarios/problem solving and action planning.
2	<p><u>Component 1</u></p> <ul style="list-style-type: none"> ○ Planning a warm-up. ○ Adapting a warm-up for different categories of participants and different types of physical activities. ○ Delivering a warm-up to prepare participants for physical activity. 	<ul style="list-style-type: none"> ○ Practical demonstrations. ○ Practical plan. ○ Action plan. ○ Analysis. ○ Coursework Assessment.

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3	<p><u>Component 2</u></p> <ul style="list-style-type: none"> ○ Components of physical fitness. ○ Components of skill-related fitness. ○ Techniques, strategies and fitness required for different sports. 	<ul style="list-style-type: none"> ○ Exam Questions. ○ Fitness Analysis. ○ Fitness Evaluation. ○ Skill classification and analysis. ○ Practical performance.
4	<p><u>Component 2</u></p> <ul style="list-style-type: none"> ○ Officials in sport. ○ Rules and regulations in sports. 	<ul style="list-style-type: none"> ○ Officials in sport overview. ○ Rules and regulations overview.
5	<p><u>Component 2</u></p> <ul style="list-style-type: none"> ○ Planning drills and conditioned practices to develop participants' sporting skills. ○ Drills to improve sporting performance. 	<ul style="list-style-type: none"> ○ Practical demonstrations. ○ Action plan. ○ Skill classification. ○ Coursework Assessment.
6	<p><u>Component 3 (Commence)</u></p> <ul style="list-style-type: none"> ○ Components of physical fitness. ○ Components of skill-related fitness. ○ Techniques, strategies and fitness required for different sports. ○ Officials in sport. ○ Rules and regulations in sports. ○ Planning drills and conditioned practices to develop participants' sporting skills. ○ Drills to improve sporting performance. 	<ul style="list-style-type: none"> ○ Action Plan. ○ Practical performance. ○ Exam Questions.