

Edexcel BTEC Level 1/Level 2 First Award in Sport

In order to ensure that students are fairly assessed and given opportunities to demonstrate their knowledge and understanding of the Sport qualification the following will be used to determine a student's TAG (Teacher assessed Grade)

Type Of Assessment	Topic and Assessment Criteria that will be assessed.	Date Assessment has or will take place
External Assessment Core Unit 1 hour Exam Out of 70 Marks	Unit 1: Fitness for Sport and Exercise	11th December 2020 Marked by Exam Board
Internal Assessment- Coursework Core Unit Learning Aim A: Understand the Rules, Regulations and Scoring systems in Sport. Learning Aim B: Practically demonstrate skill, techniques and tactics in selected sport. Learning Aim C: Be able to review sports performance.	Unit 2: Practical Sports Performance Assessment Evidence: Aim A: 2A.P1-2A.P2-2A.P3-2A.M1-2A.D1 Description of the rules, regulations and scoring systems of two selected sports. Application of the rules of a selected sport in four given specific situations. Description of the roles and responsibilities of officials from two selected sports. Aim B: 2B.P4-2B.P5-2B.M2 Description of the components of fitness and technical and tactical demands of two selected sports. Demonstration of relevant skills, techniques and tactics effectively, in two selected sports, in conditioned practices Aim C: 2C.P6-2C.P7-2C.M3-2C.D2 Independently produce an observation checklist that can be used effectively to review own performance in two selected sports Review own performance in two selected sports, describing strengths and areas for improvement.	10th October 2020-30th March 2021 Standard Verified by Pearson
Internal Assessment- Coursework Core Unit	Unit 3: Applying the Principles of Personal Training Assessment Evidence: Aim A: 2A.P1-2A.M1-2A.D1	

<p>Learning Aim A: Design a personal fitness training programme.</p>	<p>Independently design a safe six-week personal fitness training programme to meet an activity/sport goal taking into consideration personal information.</p>	<p>14th May 2021</p>
<p>Learning Aim B: Know about the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training.</p>	<p>Aim B:2B.P2-2B.P3-2B.M2 Describe the structure and function of the musculoskeletal and cardiorespiratory systems.</p> <p>Summarise the short term effects on the musculoskeletal and cardiorespiratory systems during the fitness training programme.</p>	<p>27th May 2021</p>
<p>Learning Aim C: Implement a self-designed personal fitness training programme to achieve own goals.</p>	<p>Aim C:2C.P4-2C.M3-2C.D2 Safely implement a six week personal fitness training programme, maintaining a training diary.</p>	<p>15th June 2021</p>