

Physical Education

Year 11 BTEC Sport Revision Plan

Key Dates

Written Examination (Unit 1): RSZ/BRE Tuesday 28th February
 AS2/JEH/DRD Thursday 2nd March

The BTEC Sport Level 2 course is divided into four units. The four units are called Unit 1 – Fitness for Sport and Exercise, Unit 2 – Practical Sport, Unit 4 – The Sports Performer in Action and Unit 6 – Leading Sports Activities. The written exam for Unit 1 is out of 50 marks, is 60 minutes in length and contains a variety of multiple choice questions (usually worth 1 or 2 marks each), short answer questions (ranging from 1 to 4 marks) and usually one extended writing question worth 8 marks.

Revision Plan

| Week beginning Monday | Revision To be able to recall all the knowledge of: | Past Paper Exam Questions |
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| 6 th February | Fitness tests & Fitness tests part two | Fitness test questions |
| 20 th February | Fitness tests part three & Exam practice | Full paper Version 2 On-Screen/Questions on all topics |
| 27 th February | Exam practice and revision on PLCs 1-9 | Full paper Version 3 On-Screen/Questions on all topics |
| 6 th March | Unit 6 Learning Aim A – Pass and Merit | |
| 13 th March | Unit 6 Learning Aim A – Pass and Merit | |
| 20 th March | Unit 6 Learning Aim B – Pass and Merit | |
| 27 th March | Unit 6 Learning Aim B – Pass and Merit | |
| 3 rd April | Easter – Unit 6 Pass & Merit | |
| 10 th April | Easter – Unit 6 Pass & Merit | |
| 17 th April | Unit 6 Learning Aim C – Pass and Merit | |
| 24 th April | Unit 6 Learning Aim C – Pass and Merit | |
| 1 st May | Unit 6 Learning Aim C – Pass and Merit | |
| 8 th May | Distinction Task & Make changes to Learning Aim A & B | |
| 15 th May | Distinction Task & Make changes to Learning Aim A & B | |
| 22 nd May | Distinction Task & Make changes to Learning Aim A & B | |
| Tuesday 28th February/Thursday 2nd March | | |

Key Resources

- *PLC's 1-9 with the following topics (attached);*
- *Components of fitness*
- *Intensity Levels*
- *FITT and additional principles of training*
- *Warm up, Cool down and Methods of training*
- *Methods of training part two*
- *Fitness test importance, reliability, validity, practicality and pre-test procedures*
- *Fitness tests*
- *Fitness tests part two*
- *Fitness tests part three*