

BTEC Sport KS5 Learning Journey



Top 3 tips for parents and carers during KS5

- ✓ Encourage instant hard work and regular revision as assessment begins immediately.
- ✓ Assist in organising a 2-week work placement early – this takes place at the end of Year 12.
- ✓ Help to ensure that deadlines for exams and coursework are met well in advance.



What's your Plan A?

HE: Sport Science, Physiotherapy, Sport Studies, PGCE, Sports Management, Sports Marketing, Sport Psychology.

Apprenticeship: Teaching Assistant, Early Years Practitioner, Assistant Coach, Assistant Physiotherapist.

Career: Coach, Physiotherapist, Analyst, Personal Trainer, Psychologist, Teacher, Sports Management.



Online learning during KS5

[BTEC National Sport Specification](#)

[List of NGB's of Individual Sports](#)

[Government Health Strategies](#)

[Careers Advice & Work Experience](#)

Google Classroom



PPE preparation for KS5

Engage in low-stakes quizzes, practice all styles of past-paper questions, use suggested websites to assist in learning/testing information, learn key-terms/definitions, watch regular sport to be able to link work to various sporting examples, organise work experience early.



Study skills for KS5

Revise for regular low-stakes quizzes, make revision cards of definitions/key-terms, visit suggested websites for supportive information, ask for regular support with coursework, meet deadlines in advance, practice exam questions.

Knowledge, skills and understanding

Unit 1: Anatomy & Physiology

Externally assessed written exam in May studying the effects of exercise on the body's; skeletal system, muscular system, respiratory system, cardiovascular system, and energy systems.

Year 12



Unit 7: Practical Sport Performance

Internally assessed coursework assignment briefs; examining NGB rules/laws of sports, examining and developing skills, techniques and tactics in selected sports, and reflecting on own practical performance using assessment methods.

Year 12



Unit 2: Fitness Training and Programming for Health, Sport and Well-being

Externally assessed synoptic task which requires students to interpret factors affecting an individual, including; lifestyle factors, screening processes, nutritional needs, training methods for components of fitness, and training programme design.

Year 13



Unit 3: Professional Development in the Sport Industry

Internally assessed coursework assignment briefs; understanding a career in the sports industry, exploring own skills to develop a career action plan, undertake a interview scenario, and reflect on your performance in the recruitment process.

Year 13

