

BTEC PE

Option

# To be successful in this course, you will need ...

- To have a good understanding of a range of sports and physical activities.
- To be enthusiastic in learning how to prepare participants for sport, removing the barriers to participation and exploring what equipment and technology can be used in sport.
- To play at least one sport effectively, know the rules of that sport and be able to coach others in your chosen sport.
- To learn how to develop fitness in yourself and other.





# Course Content

The course will be run over five lessons a fortnight. Practical and theory lessons are on-going within each section of the syllabus, which are organised into 3 separate components.

Students who choose examinational PE as one of their options will do the Pearson BTEC Tech Award Level 2 in Sport. They will build upon the Heads assessment knowledge learned during KS3 and apply the practical knowledge and skills they have developed.

In year 10 students will study Component 1 - Preparing Participants to Take Part in Sport and Physical Activity. This component is assessed through a 5-hour Pearson set assignment in February of year 10 and has 3 learning outcomes:

*A Explore types and provision of sport and physical activity for different types of participant*

*B Examine equipment and technology required for participants to use when taking part in sport and physical activity*

*C Be able to prepare participants to take part in sport and physical activity*



# Course Content

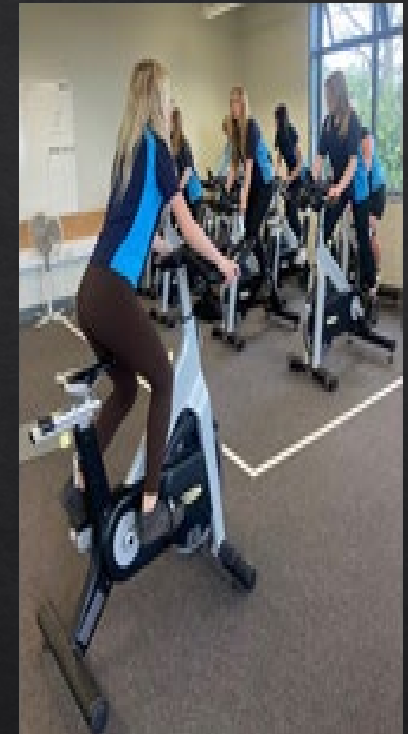
Students will then begin Component 2 - Taking Part and Improving Other Participants Sporting Performance. This component is assessed through a 4-hour Pearson set assignment in October of year 11 and has 3 learning outcomes:

- A Understand how different components of fitness are used in different physical activities*
- B Be able to participate in sport and understand the roles and responsibilities of officials*
- C Demonstrate ways to improve participants sporting techniques*

After the Summative assessment for Component 2 in year 11 Students will prepare for their Component 3 External Exam in either January or May of year 11.

Component 3 - Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity has 4 learning outcomes:

- A Explore the importance of fitness for sports performance*
- B Investigate fitness testing to determine fitness levels*
- C Investigate different fitness training methods*
- D Investigate fitness programming to improve fitness and sports performance*



# B7EC Performing Arts Dance

- 5 lessons a fortnight
- Equivalent to one GCSE
- Over the two years, you will complete three units
- Practical and theory







Professional dancers &  
choreographers



# Performance







Choreography



# B7EC Performing Arts Dance

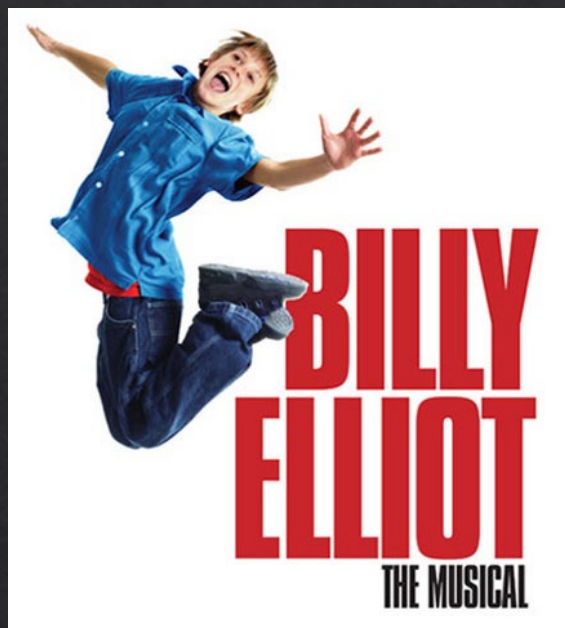
- Don't need previous Dance experience if you are willing to learn and try
- Theatre trips, London residential & workshops by professional dancers















# BTEC Performing Arts Dance

- Largely practical with a small element of written work
- Don't need previous Dance experience if you are willing to learn and try

## So why BTEC Dance?



# So why BTEC Dance?

- Improve fitness & reduce stress levels
- Build communication, team work and personal management skills needed in every profession
- Increase your self esteem and confidence through mastering new skills and performing to audiences
- Possible career...





# Performance Skills & Routes





