



BTEC Assignment Front Sheet and Assignment Brief

Sport

Course Title:	BTEC Level 2 Extended Certificate in Sport
Unit Title	1: Fitness testing and Training
Learner Name	
Assessment Tutor	Jillie Pritchard

Date Issued		Deadline Date		Submitted on	
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Assignment Title	Assessment Activity 2: Method Behind the Madness
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Task Number	Criteria Reference	To achieve this the evidence must show that the students is able to:
1	P2	Describe three different fitness training methods used to achieve excellence in sport.

Plagiarism is the Act of passing someone else's ideas or work as your own. It is a serious disciplinary offence

Learner Declaration			
I certify that the work submitted for this assignment is my own and research sources are fully acknowledged			
Teacher Declaration			
I declare that the candidate's activities have been regularly monitored and all feedback is recorded. I also declare that to the best of my knowledge, this is the candidate's own work.			
Learner Signature:		Date:	
Teacher Signature		Date:	



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Assignment Description						
Your help with the PE department is going down a storm....in fact you have become an invaluable member of the team!						
Having done some work with the year 7's on helping them understand the important role fitness plays in sports performance you have now been asked to help the staff improve the year 7's levels of fitness.						
You feel well equipped to help, considering that you have been working on this area in class and have a load of completed work that you know will come in handy!						
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; padding: 10px; vertical-align: top;"> <p>Flexibility</p> <ul style="list-style-type: none"> ◆ Static stretching ◆ Active stretching ◆ Passive stretching ◆ Ballistic stretching </td> <td style="width: 50%; padding: 10px; vertical-align: top;"> <p>Strength & Power</p> <ul style="list-style-type: none"> ➤ Resistance machines ➤ Circuit training ➤ Plyometrics ➤ Reps ➤ Sets ➤ Resistance </td> </tr> <tr> <td style="padding: 10px; vertical-align: top;"> <p>Endurance</p> <ul style="list-style-type: none"> ★ Continuous training ★ Fartlek training ★ Interval training ★ Heart rate ★ Training zones </td> <td style="padding: 10px; vertical-align: top;"> <p>Speed</p> <ul style="list-style-type: none"> ❖ Hollow sprints.... ❖ Acceleration Sprints </td> </tr> </table>			<p>Flexibility</p> <ul style="list-style-type: none"> ◆ Static stretching ◆ Active stretching ◆ Passive stretching ◆ Ballistic stretching 	<p>Strength & Power</p> <ul style="list-style-type: none"> ➤ Resistance machines ➤ Circuit training ➤ Plyometrics ➤ Reps ➤ Sets ➤ Resistance 	<p>Endurance</p> <ul style="list-style-type: none"> ★ Continuous training ★ Fartlek training ★ Interval training ★ Heart rate ★ Training zones 	<p>Speed</p> <ul style="list-style-type: none"> ❖ Hollow sprints.... ❖ Acceleration Sprints
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As your PE teacher is very happy with your progress he/she has given you total flexibility about how you get the message across – as long as you do!						
Task Number	Task Description:	Mapping to Grading Criteria				
1	Going through your file you find the above table that gives you a really good variety to get stuck into! Start by describing three different fitness training methods they could use to achieve excellence in a sport of their choice	P2				



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Evidence Suggestions:			
<ul style="list-style-type: none"> • Verbally to the group before or during a PE lesson • Designing an insert for their school planner • Uploading information on the Year 7 intranet page • Sending your PE teacher an email to check you are on the right lines! 			
Resources for Support:			
<ul style="list-style-type: none"> • Activity 5 – Steps along the way... • Activity 6 – Your flexible friend • Activity 7 – You’ve got the power! • Activity 8 – Super Stamina • Activity 9 – Speed demon • Activity 10 – What do you reckon? • Activity 10 – What do you reckon (teacher record) 			
This brief has been verified as being fit for purpose			
Assessor	Jillie Pritchard		
Signature		Date	
Internal Verifier			
Signature		Date	



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ASSIGNMENT FEEDBACK SHEET

<i>Performance criteria covered in this assignment: (please tick and state with a Y or N if achieved)</i>					
<i>P1</i>	<i>P2</i>	<i>P3</i>	<i>P4</i>	<i>P5</i>	<i>P6</i>
<i>P2</i>	<i>M2</i>	<i>M3</i>	<i>M4</i>	<i>M5</i>	<i>M6</i>
<i>D1</i>	<i>D2</i>	<i>D3</i>	<i>D4</i>	<i>D5</i>	<i>D6</i>

Assessor Feedback:
Grades Achieved:
Student comment:
Action Plan

Assessor Signature		Date	
Learner Signature		Date	