



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 1: Words of Wisdom
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Task Number	Criteria Reference	To achieve this the evidence must show that the students is able to:
1	P1	Describe the fitness requirements for achieving excellence in sport
2	M1	Explain the fitness requirements for achieving excellence in a selected 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

As part of your BTEC Sport course you have to help the PE department run the year 7 sports teams.....something you enjoy as a future career in coaching is something you have thought seriously about. Points you will need to cover during training are:

Physical fitness:

Aerobic endurance, Muscular endurance, Flexibility, Speed, strength and body composition

Skill related fitness

Agility, balance, co-ordination, power and reaction-time

Task Number	Task Description:	Mapping to Grading Criteria
1	<p>Make the year 7's aware of the important role fitness plays in sports performance – making it clear to them what the fitness requirements are.</p> <p>Your PE teacher has asked you specifically to describe to the football team the fitness requirements for achieving excellence in their sport</p>	P1
2	<p>Your description went down really well, and instead of being met by blank faces (as you were expecting) a lot of the team started to ask you questions...such as "why do I need agility" and "why do I need reaction time" etc.</p> <p>You therefore decide to go through all the components of fitness and explain to them why they are required for achieving excellence in their sport</p> <p>You are not sure how best to do this – so decide to ask your PE teacher for guidance – remembering that you had completed a similar task to this during one of your BTEC Sport lessons</p>	M1



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Evidence Suggestions:			
Article in the CC newsletter Poster for the changing room wall Verbally to the group before the training session begins.			
Resources for Support:			
<ul style="list-style-type: none"> • Activity 1 – Fit as a butcher’s dog! • Activity 2 – Top Banana! • Activity 3 – Awesome! • Activity 3 – Awesome! (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>M1</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	