

## SPRING/SUMMER 2024

Subject: BTEC First Award in Sport

Year 11

### Topics to be covered:

#### Component 3 - Exam Unit

In this unit you will:

Know about the components of fitness and the principles of training.

Explore different fitness training methods.

Investigate fitness testing to determine fitness levels.

Determining exercise intensity.

### Final Assessment:

Learners will complete a written exam in the hall in May. This is a 90 minute exam worth 60 marks.

### Homework guidance:

Students will be given homework periodically in order to support the learning that is occurring within lessons.

### How can you help?

Ensure they have completed their homework.

Check understanding of exam content using the parent revision booklet

### How can you help?

Purchase a BTEC revision guide

Ensure they have completed their homework.

Take an interest in their end of topic results