

# COURSE OVERVIEW

The course is split into 3 components

Controlled assessments are **assignments** that will be completed **under supervision in class**. Pearsons (the exam board) will set a scenario that the assignments will be based on.

- Component 1 is worth 30% of the total grade.
- This is divided into 3 parts (A, B, C) and will be assessed through controlled assessments.

**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.**

**Component 1:**  
Preparing participants to take part in sport and physical activity

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Component 2 has a practical element where the students must **demonstrate** the ability to **perform the skills in isolation and in a full game** situation. Students will also have to **lead** a group of students in a sporting activity, this will comprise of a warm-up, skills development and a conditioned game.

**Component 2:  
Taking part and  
improving other  
participants'  
sporting  
performance**

- Component 2 is worth 30% of the total grade.
- This is divided into 3 parts (A, B, C) and will be assessed through controlled assessments.
  - 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.**

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**Component 3:  
Developing fitness  
to improve other  
participants'  
performance in  
sport and physical  
activity**

- Component 3 is worth 40% of the total grade.
- This is divided into 4 parts (A, B, C, D) and will be assessed by sitting an exam that lasts 90 minutes.

**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.**

The exam will be made up of:

- Multiple choice questions
- Short answer questions
- Matching
- Long-Answer questions

# Assessment:

**Component 1: Feb-March 2024**

**Component 2: October- November 2024**

**Component 3: May 2025**

Purchase a revision guide. Provides clear notes, with some useful pointers on how to approach the assessments

Keep encouraging them to play a sport outside of school or join a club in school to develop skills/ tactics and knowledge of the activity

Ask them to teach you a skill in their sport: Demonstration/ teaching points in their leadership are key

DO have regular conversations surrounding the content of the course i.e. what is meant by sports provision? How might your family influence the choice of sport you play?  
DON'T let them give you 1 word answers. Make them explain what it means and give you examples. DO be supportive if they are unsure and don't know. Try not to give them the answer but guide them to what it might be.

Encourage them to watch their sport on TV/ you tube. Stop the game and get them to explain the rule or the roles of the official

Component 3 content, keep recapping the content. This should be at regular intervals. Assist them in their revision techniques. Avoid just reading notes.