



PHYSICAL EDUCATION

INTENT

The BTEC Sport course has been designed to provide an engaging, broad and stimulating introduction to the world of sport and fitness. Students will study the BTEC Level 2 Tech Award in Sport which is equivalent to a GCSE but has the benefit of a larger coursework and practical content.

Topics and themes explored include:

- Gain personal development of knowledge and skills relevant to the sport and fitness world and working life
- Develop a wider understanding and appreciation of the broad range of sport specialisms
- Become fitter by following their own personalised fitness plan
- Develop communication, planning and team working skills
- Improve their ability to lead sporting activities

IMPLEMENTATION

Subject specialists have given consideration and thought to the sequence and rationale of the curriculum; why we teach the content we do and in the order that we do. This is to ensure knowledge is not isolated information; it is connected knowledge that enables comprehension.

At Key Stage 3, the full National Curriculum is delivered. The Physical Education curriculum is organised into units. Each unit builds on prior knowledge allowing connections to be made and enables knowledge to be transferable. In Physical Education we believe this facilitates deeper comprehension. The units chosen focus on developing deeper understanding and capacity for skilful performance.

IMPACT

In 2024, 100% of students achieved a Level 2 Pass and above. Students at Key Stage 3 will be able to speak with confidence about their physical literacy. They will be able to explain how physical competence, mastery and knowledge, and character and confidence impact on their sports performance and their overall health and wellbeing. The breadth and depth allow students to find an area of the curriculum which appeals to them and helps to promote a positive attitude towards having an on-going healthy and active lifestyle. The love of sport and physical education at MEPA Academy is evident with the uptake in our 'sport enrichment' programme, providing a competitive sports pathway for our students both inside and outside the academy via community

links. BTEC sport is a great stepping stone for anyone going into the sport industry. A BTEC in Sport will give your learners the skills and confidence they need to progress into a fulfilling, exciting career. The sport and fitness industry is always moving and changing, making it essential for learners to have the drive and resilience to adapt. At all stages of their academic career, the practical base of a BTEC in Sport will help learners excel as team players, coaches and leaders of the future. BTEC sport can lead you towards becoming a sportsman, personal trainer, PE teacher, sports coach and many more avenues.

EXAMINATION

You will study 3 components

Component 1: Preparing Participants to Take Part in Sport and Physical Activity

Learners will explore the different types and provision of sport and physical activity available for different types of participants, barriers to participation and ways to overcome these barriers to increase participation in sport and physical activity. They will also research equipment and technological advances in a chosen sport or physical activity and how to prepare our bodies for participation in sport and physical activity.

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.

This component is assignment based. It is internally moderated so will be coursework. It is part theory and part practical. Tasks 1 and 2 are theory and research based. Task 3 is practical where students must design and perform a warmup to a class of students.

Component 2: Taking Part and Improving Other Participants Sporting Performance

Learners will investigate the components of fitness and their effect on performance, take part in practical sport, explore the role of officials in sport and learn to apply methods and sporting drills to improve other participants' sporting performance.

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. This component is assignment based. It is internally moderated so will be coursework. It is part theory and part practical. Students get to pick which sport they want to research and perform drills, practices and compete competitively in their chosen sport.

Component 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity

Learners will be introduced to and develop an understanding of the importance of fitness and the different types of fitness for performance in sport and physical activity. They will also develop an understanding of the body and fitness testing.

AO1- Demonstrate knowledge of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise

AO2- Demonstrate an understanding of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise

AO3- Apply an understanding of facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise

AO4- Make connections with concepts, facts, components of fitness, fitness tests, training methods/processes/principles in relation to improving fitness in sport and exercise

This component is written exam based. It's 40% of the overall grade. It is externally moderated. Students can sit this exam whenever

HOW ARE STUDENTS SUPPORTED IN PE / Sport?

Students at MEPA Academy are supported through a range of reasonable adjustments personalised to the student. The reasonable adjustments include but are not exhaustive to: providing templates for graph, tables, grids to students, use of Pencil grips/Easy Writer pens and pencils, scribing for students, providing extra time, use of writing slope, effective and appropriate seating, directed questions, use of Rest/calm/movement breaks. Teachers use a range of reasonable adjustments for each student to maximise their opportunities to learn.

EXTRA CURRICULAR AND ENRICHMENT

To Read

- Jessica Ennis Autobiography – Unbelievable
- Alex Morgan - Breakaway: Beyond the Goal
- Finishing Kick – Paul Duffau
- Grace, Gold and Glory – My Leap of Faith – Gabrielle Douglas

To Watch

- The Dawn Wall - Legendary free climber Tommy Caldwell tries to get over heartbreak by scaling the Dawn Wall of El Capitan in Yosemite National Park.
- Free Solo - Professional rock climber Alex Honnold attempts to conquer the first free solo climb of famed El Capitan's 900-metre vertical rock face at Yosemite National Park.
- The Class of '92 - Cinematic documentary examining the rise to prominence and global sporting superstardom of six supremely talented young Manchester United footballers - David Beckham, Nicky Butt, Ryan Giggs, Phil Neville, Paul Scholes and Gary Neville

- Pumping Iron - This partly real and partly scripted film documents what many consider to be the golden age of bodybuilding that occurred in the 1970s.
- Eliud - Our short film from inside Eliud Kipchoge's training camp, that explores the philosophies that have made him the greatest marathon runner of all time

To Listen

- Sports Squad - All about staying fit and active! Presented by Ayo Akinwolere and teenager Chanel Kakareko, the show's packed with inspiring interviews with sports personalities and activities you can do to keep active whilst you're stuck at home.
- Effortless Swimming – For any budding swimmers, a show on coach and swimmer Ben Ford sits down to talk to people from all over the swimming world, offering expert advice on how to become a better swimmer.
- Stumped – The BBC’s weekly cricket podcast which features stories on cricket from all across the globe, including test cricket, the Indian leagues, and women’s cricket.

To Visit

- The Snozone Indoor Snow Centre in Milton Keynes
- Mighty Adventures Golf Centre in Southampton
- Lower Grange Farm climbing centre in Maidstone
- High Ashurst Outdoor Education Centre in Surry
- Gravity Trampoline Parks Maidstone
- Buzz Active Bushy Wood Activity Centre in East Sussex
- Bewl Water
- Maidstone Leisure Centre

SPIRITUAL, MORAL, SOCIAL AND CULTURAL AWARENESS AND LEARNING

Team-sports/competitive sports/Fitness, Sport and Society, Sport and Society and Technology in Sport, Health
Fitness and Wellbeing/Socio-cultural Influences on sport

CAREERS RELATED LEARNING

Many of our students go on to study Sport Science, Sport Management and Sport Psychology degrees at top Russell Group universities. We have also had students undertake work experiences in different facets of sport including sport science, strength and conditioning and coaching. Beyond further education studying PE opens up avenues across various career paths including;

Teaching and Coaching

Sport Science

Sport Medicine

National Governing Bodies

Sports Journalism

Sport Psychology

Data Analysis