

BTEC First - Sport

Unit 1: Fitness Testing & Training

Assessment Activity 1 – Words of Wisdom!

Task 1

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.

One of your first tasks is to get the year 7's aware of the important role fitness plays in sports performance – making it clear to them what the fitness requirements are.

Your PE teacher has asked you specifically to **describe** to the (insert sport) team **the fitness requirements for achieving excellence in** their sport (**P1**)

You have been working on this area in class so are pretty confident in doing a great job.....but decide to note down the key components of fitness you need to cover

I need to make sure I cover:

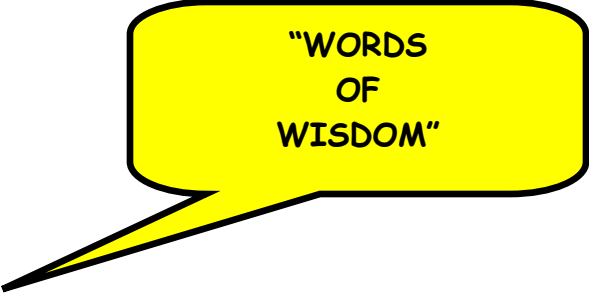
Physical fitness:

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

Skill related fitness

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

Your PE teacher has said you can get the message across to the team in any way you like – as long as you do it well!



"WORDS
OF
WISDOM"

Resources for support	Possible ways to present assessment
<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) 	<ul style="list-style-type: none"> • Poster for the changing room wall • Article in the sports team newsletter • Verbally to the group before a training session

Task 2

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.

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 (**M1**)

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

Resources for support	Possible ways to present assessment
<ul style="list-style-type: none"> • Activity 4 – I know I need ‘em.....but I’m not sure why!! 	As P1 task

