

# Year 9 Preferences

## BTEC PE



**Teignmouth Community School**  
*Be the best version of yourself*



Work Hard



Be Kind



Join In

# What skills will I develop?

- Practical sports skills
- Independence
- Resilience
- Confidence
- Research skills
- Extended writing (Analyse/Justify)
- Leadership
- Coaching
- Officiating
- Teamwork
- Collaboration
- Communication
- Self and peer motivation



# What Key Topics will I study?

The course will be run over five lessons a fortnight. Practical and theory lessons are on-going within each section of the syllabus, which are organised into 3 separate components.

## **Component 1** - Preparing Participants to Take Part in Sport and Physical Activity.

- 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



# What Key Topics will I study?

## **Component 2** - Taking Part and Improving Other Participants Sporting Performance.

- 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

## **Component 3** - Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity

- 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



# How will this help me in my future career?

- Develop your ability to plan, organise and problem solve
- Provides incite into what it is like to work in the sports and leisure industry.
- Provides hands on experience with different challenges in the sport industry.
- Is a fantastic platform for the L3 course as well as university's and apprentices
- An understanding of a range of sports and physical activities.
- Learn how to prepare participants for sport
- Develop ability to remove the barriers to participation and exploring what equipment and technology can be used in sport.
- Develop ability to play at least one sport effectively, know the rules of that sport and be able to coach others in your chosen sport.
- The ability and knowledge to develop fitness in yourself and other.

