



BTEC SPORT



Personalised Learning Checklist

Name:

Exam Board	Pearson Btec
Topic/Module	Component 1

My target grade is	
Group	

My current Grade is:	Autumn:	Spring:	Summer:
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Use this checklist before your assessment to focus your work and after to check the effectiveness of your work.

G	I am confident about this topic, and I know what I need to do.
A	I am not too sure about this topic. I may need to check with my teacher and spend more time working on this topic.
R	I am not confident I could answer a question on this topic. I need to check with my teacher and ensure I have what I need to do it.

Week	Topic/Unit Focus	R	A	G
	Learning outcome A- TASK 1:			
	Types of providers of sport and physical activities: Sports and NGBs.			
	Types of providers of sport and physical activities: Benefit of taking part.			
	Types of providers of sport and physical activities: Physical fitness & providing activities.			
	Types and needs of participants.			
	Barriers to participation in sport and physical activity.			
	Methods to address barriers to participation.			
	Learning outcome B- TASK 2:			
	Different types of sports clothing and equipment required for participation.			
	Sport specific equipment and protection			
	People with disabilities and assistive technology			
	Facilities, officiating equipment and performance analysis			
	Different types of technology and their benefit for participation and performance.			
	The limitations of using technology in sport and physical activity.			
	Learning outcome C- TASK 3:			
	Planning a warmup: Pulse raiser activities			
	Pulse raiser response of the cardiorespiratory and musculoskeletal systems.			
	Planning a warmup: Mobiliser activities			
	Planning a warmup: Preparation stretches			
	Preparation stretches response of the cardiorespiratory and musculoskeletal system.			
	Adapting warmups for different types of participants and activities: Specific to the participants.			
	Adapting warmups for different types of participants and activities: Specific to the physical activity.			
	Delivering a warmup to prepare participants for physical activity 1.			
	Delivering a warmup to prepare participants for physical activity 2.			
	Assessment Practice.			

Therapy (Interventions)
Additional Support / Guidance

