



MAIDEN ERLEGH

CHILTERN EDGE

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Dear Parent/Guardian

BTEC Sport – Written Assessment/Examination Support

As you may be aware, the BTEC Sport course is assessed in a range of ways. Unit 1 (Fitness for Sport & Exercise) will be assessed via a one hour examination. This will take place during the morning of **Wednesday 1 April**.

To ensure students are prepared for the written examinations the PE Department have prepared a series of recall questions for parents and guardians to use with their child in the run up to the exam. These questions are based around the key topic areas, including;

- Components of Physical Fitness (A1)
- Components of Skill Related Fitness (A2)
- Why fitness components are important for successful participation (A3)
- Exercise intensity and how it can be determined (A4)
- The basic principles of training (FITT) (A5)
- Additional principles of training (A6)
- Requirements for fitness training methods (B1/B2)
- Fitness training methods for all components of fitness (B3)
- Fitness testing methods for components of fitness (C1)
- Importance of fitness testing to sports performers and coaches (C2)
- Administration of each fitness test (C3)
- Interpretation of fitness test results (C4)

The exam papers will cover the following types of questions;

- Multiple choice (AO1)
- Standard exam questions (AO2)
- Extended writing questions (AO3)

In an attempt to ensure students have the best possible chance of securing high marks, I would like to encourage them to regularly review past learning with the support of family members. The accompanying questions provide ideal opportunities to access AO1 and AO2 questions whilst past paper questions, lesson time and intervention (Monday lunch times in the BITS classroom) will be used to develop exam technique around AO3 questions.

If you require any further information please do not hesitate to contact me by telephone on 0118 972 1500, or via email dhunter@maidenerleghchilternedge.co.uk

Yours sincerely

Mr Darren Hunter
Head of Physical Education