



# Faculty: Physical Education

# Qualification: CNAT SPORT

\*Information as part of this presentation is based on current qualifications studied at Beacon Hill Academy

# Course Content

## Assessment (%)

- **40% Exam**  
( Final Summer of year I I Exam )

**60% Coursework / Practical**  
(typed on Computers or practical performance)

5 Give three examples of how sport can be made more accessible to children.

[3]

6 Which of the following is the best example of a popular sport in the UK in terms of the numbers participating? (Circle your chosen option to indicate your answer.)

(1)

(a) Squash

(b) Cycling

(c) Lacrosse

(d) Handball

13 Which one of the following is an example of hosting a 'one-off' sporting event?  
(Circle your chosen option to indicate your answer).

(a) Wimbledon

(b) London 2012

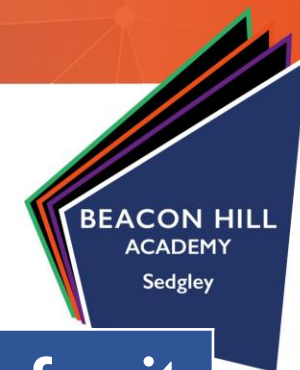
(c) British Formula 1 Grand Prix

(d) FA Cup Final



# Course Content

## Areas of study



Unit	Mandatory Units	Assessment Method	Value of unit for final score
R184	Contemporary Issues in sport	External Written Exam	40%
R185	Performance and Leadership in sports activities	Internal (Practical performance and written assignment)	40%
R186	Sport and The Media	Internal (Practical performance and written assignment)	20%

# Course Content

## Key Skills –

- Good Communication
- Good writing skills
- Enthusiasm
- Internal Motivation
- Willingness to engage in **practical activities**
- Working in a team
- Knowledge of the rules, regulations skills and tactics from numerous sports

## Link to KS3 subjects/topics

- Health and Fitness lessons
- Ability to lead warm ups
- Practical skill development
- Tactical understanding in games
- Officiating
- Peer assessment
- Acting on verbal and written feedback
- Self Assessment



# What next?

## Links to careers



Average  
progress  
+1.3



Vocational Level	CSE Convert
Distinction *	8.5
Distinction	7
Merit	5.5
Pass	4



# What next?

## Further Education



Apprenticeships	Academic Studies
Community Sports Coach	A level PE
Community Sport and Health Officer	BTEC Sport Level 3 Award, certificate , diploma
Leisure Duty Manager	BTEC Sport level 3 Fitness & personal training
Leisure Team Member	Basketball Academy With L3 BTEC Sport
Outdoor Activity Instructor	Football Academy with L3 BTEC Sport
Personal Trainer	

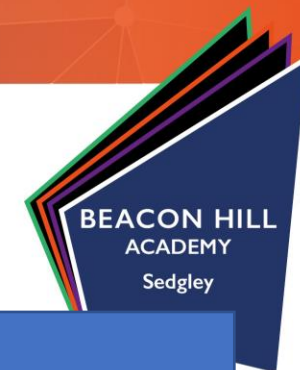
# What to expect

- 3 lessons a week
  - 1 Practical Sport lesson
  - 2 Theoretical aspects lessons (classroom/computer based tasks)
    - NB – some theoretical aspects will be taught through practical means, Such topic areas would include; leadership in sport, tactical awareness and practical skill development



# What to expect

## Examples of the work you will be doing



### Analysis of own performance

#### Shooting



Try and keep head over the ball to keep it close to the ground. This will give the goalkeeper less chance of saving it as it is difficult for the goalkeeper to get down low.

Elbows are flexed to keep balanced whilst shooting. Shoulders are abducted to move the centre of mass and make me more balanced when striking the ball

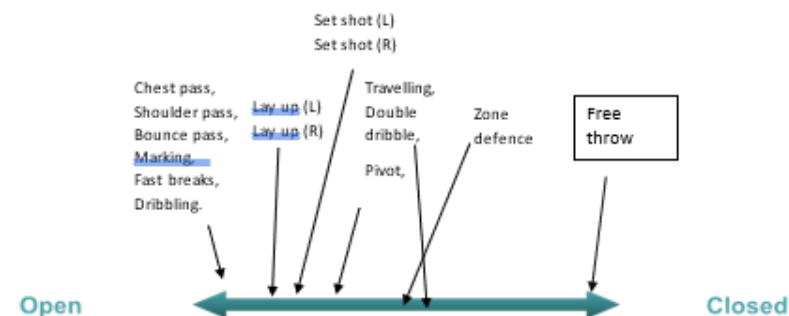
Using side foot for accuracy, in an attempt to place the ball in the corner, due to the bigger surface area. I could have also hit the ball with my laces to gain more power which would make it more difficult of the goalkeeper to react.

M3 EV

### Explaining what an Complex skill is

#### Open and closed Continuum

Below is my take as to how open or closed each skill that I have identified is. As not many skills are 100% open or closed. There is usually a degree of openness in all skills, just some are more open or closed than others.



#### Complex Skill

Complex skills are skills that require lots of thought and concentration and are not as simple as others, they cannot be brought across to most sports as basic skills can. For example lay ups and fast breaks. These are complex as they take a lot of practice to be able to perfect. A lay up requires a high level of coordination to be able to correctly get the pick up, two steps, jump and the release of the ball at the correct time whilst under pressure from an opponent.

Simple Skill



# What to expect



## Expectations of you

- Highly committed
- Willingness to work independently
- Interest in sport
- It is not just playing football/netball
- High percentage of sport based theory work
- You don't have to be a sporting star, you just need to be interested and willing to take part in every lesson

# ***Don't just listen to us***

## **Josh Woolley (Current Year 10 Learner)**

"I chose sport as an option because it was something I enjoyed and wanted to learn more about. As I am competitive, being in a lesson where other people want to be there too, has really made it enjoyable. With sport you can get more done than just in a normal PE lesson. As well as this people believe you must be good at sports to choose this, where that's not the case. Sport is about the understanding how to analyse your performance and then find methods of how to improve it, so its personal to you."



## **Mohammed Adil (Current Year 10 Learner)**

"I chose BTEC Sport as an option because I was interested in learning how sports performers can improve in their chosen sports. With weekly practical lessons, I can apply my learning from class to real-life. This lesson is enjoyable and not as stressful as other courses available as it offers a good mix of practical , theory and written work."



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# The PE and Dance Faculty

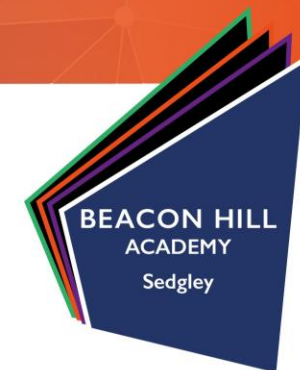


# BTEC Performing Arts Tech Award Level 1 and 2 in Dance

\*Information as part of this presentation is based on current qualifications studied at Beacon Hill Academy

# Course Content

You will be assessed on a mixture of practical and theoretical tasks across 3 components.



Unit	Mandatory Units	Assessment Method	Value of unit for final score
1	Exploring the Performing Arts	Theory	30%
2	Developing Skills of the Performing Arts	Theory and Practical	30%
3	Responding to a Brief	Theory and Practical	40%

# Course Content



## Component I – Exploring the Performing Arts (theory)

- Examine live and recorded performances.
- Different styles of dance  
(ballet/contemporary/jazz/urban/international/hip-hop)
- Participate in workshops and classes



# Course Content



## Component 2 – Developing Skills for the Performing Arts (both theory and practical)

- Thinking about performance/design
- Facial expression/projection/costumes/sound
- Solo based on a famous repertoire

# Course Content

Component 3 – Responding to a Brief (both theory and practical assessed by an examiner)



Groups

Brief and Stimulus

Choreograph

Any style

## ***What skills will I develop?***

- How to warm up and cool down safely for a dance lesson
- Contemporary and Jazz techniques
- Performances skills such as how to project and focus
- Independent research skills
- How to create your own choreography
- How to collaborate with others

# What next?

## Further Education

- BTEC Dance Level 3 or A Level Dance at College
- BA Hons in Dance at University

## Careers

- Dance school owner
- School dance teacher
- Community dance artist
- Professional performer
- Dance therapist
- Dance or theatre technician
- Choreographer



# What to expect



- The balance of practical and theory lessons will vary depending on the component we are studying. We will work in both computer rooms and the dance studio/hall/gym.
- The link below is of the professional choreography we currently study as part of component 2. If you are thinking of choosing Dance be sure to have a watch. You will perform 2 minutes of this piece and have it recorded to be moderated. You need to be prepared to dance bare foot and as a soloist!

<https://www.youtube.com/watch?v=Gr8IkDSlvoE>

- There is an expectation you will participate in ALL practical lessons, if you are unwell or have a minor injury you still need to take part to the best of your ability.



# Don't just listen to us....



*"I am glad that I picked BTEC Dance as an option because it has improved my self-confidence and dance skills massively, thanks to the support and experiences provided by teachers. It allows me to explore my passion and find new and different ways to express my creativity through movement"*

Leah P, Year 11 Dancer

*"I am happy that I chose BTEC Dance as one of my options because it has helped me become more confident in myself and I have created new and strong friendships"*

Demi B, Year 11 Dancer



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For more information see our  
Options Booklet and email any  
questions to:  
[helpline@beaconhillacademy.org.uk](mailto:helpline@beaconhillacademy.org.uk)