



Pearson

Pearson BTEC Tech Award Level 1/2

January 2025

Time 5 hours (approximately)

**Paper
reference**

BSP01

Sport

COMPONENT 1: Preparing Participants to Take Part in Sport and Physical Activity

Pearson Set Assignment

Instructions

This assessment may be given to learners as soon as it is received. This assessment is for use with the December 2024 – January 2025 moderation series. Please refer to the Administrative Support Guide for further information and mark submission deadlines.

W81159A

©2025 Pearson Education Ltd.
1/1/1/1

Continue ►

Instructions to Learners

You should read the information given in the vocational context and each task section of this assignment carefully prior to starting work. Tasks often link to one another, so it is important to make sure you understand all tasks before starting the assignment.

The assignment will take approximately 5 supervised hours to complete.

This is divided into approximately:

- 2 hours to complete Task 1
- 1 hour to complete Task 2
- 2 hours to complete Task 3.

These timings are for guidance only but should be used as an indication of how long to spend on each task. Your teacher will advise you when it is time to move from one task to the next.

You must work independently and should not share your work with other learners. All work must be your own and you must sign a declaration of authenticity to confirm this. If group work or collaboration is permitted, you must produce your own independent responses and evidence for the tasks.

Any sources of information, ideas, text, audio and/or visual assets created by others that you include in your work must be clearly identified and referenced. Using the work of others as your own or without proper acknowledgement is considered plagiarism and can result in disqualification from the assessment.

You may ask your teacher for support if you have questions about the requirements of tasks, what evidence you need to produce and any resources you are allowed to access. They cannot give you feedback about how to improve your work or guide you to solutions to any questions or problems in the tasks.

Vocational context

Kayla is a 13-year-old female. She lives with her parents and 12-year-old sister in a large town where Kayla and her sister attend a nearby secondary school.

When Kayla comes home from school she spends several hours using online devices to access games and social media. When she stops using these devices she is often in a bad mood and can cause arguments with other members of her family.

Kayla's parents would like her to take part in some sport or physical activity. They feel Kayla needs to have some fun and improve both her mood and her physical fitness.

There are voluntary sector clubs for a wide range of different sports in the town where Kayla lives. They offer fun training sessions, coaching and competitive matches across most sports. Kayla lives near the centre of the town and a number of clubs are either within walking distance or easily reached.

A few years ago, Kayla's parents took her to try gymnastics, dance and netball at local clubs. She found these activities boring and said she did not want to go any more.

Kayla would like to take part in a more physical and competitive activity. She has been watching TV and videos online of the England Women's football and rugby teams and has also seen women boxing and weightlifting. However, her dad will not watch these sports with her as he does not believe that they are appropriate sports for women to be taking part in.

There are some girls at Kayla's school who take part in the types of activities she is interested in, at clubs outside of school. Unfortunately, there are only a small number of these clubs for girls. This has meant that some of the girls have had to join boys' clubs instead.

Kayla's parents do not have a lot of money available to get her started in a new sport. Kayla is also worried that if she joins a club she will not be as good as the other players there, as she has not played before.

Tasks

Task 1 – Increasing participation in regular sport or physical activity for different types of sports participants

Using the vocational context provided, produce a written response choosing **two** physical activities from the following:

- sports
- outdoor activities
- physical fitness activities

that would be appropriate for Kayla to take part in.

Your written response should include an account:

- to justify your chosen physical activities and how they meet the needs of the selected participant
- of the characteristics of the type of provision in the participant's local area and the advantages and disadvantages of this provision for your chosen physical activities and the needs of the selected participant
- of potential barriers to participation in your chosen physical activities for the selected participant
- of methods to overcome these barriers to participation for this selected participant and the chosen physical activities.

Learning outcome covered

Outcome A: Explore types and provision of sport and physical activity for different types of participant.

Checklist of evidence required

A written response of approximately 3–5 pages of A4, which can include supporting images.

Supervised hours to complete the task

You will need approximately 2 hours to complete Task 1.

(Total for Task 1 = 24 marks)

Task 2 – Equipment and technology required for participants to use when taking part in sport and physical activity

Using the vocational context provided, you should now produce a presentation about the types of equipment and technology that Kayla would need in order to participate in **one** physical activity of your choice from the following list:

- sport
- outdoor activity
- physical fitness activity.

Your presentation should include an account:

- to justify your choices of the different types of sports clothing and equipment required for Kayla to take part in your chosen sport, outdoor activity or physical fitness activity
- to justify the use of the different types of technology available for Kayla to participate in your chosen sport, outdoor activity, or physical fitness activity
- of the benefits and limitations of using this technology for Kayla to participate in your chosen sport, outdoor activity or physical fitness activity.

Learning outcome covered

Outcome B: Examine equipment and technology required for participants to use when taking part in sport and physical activity.

Checklist of evidence required

A presentation of approximately 10–15 slides, which can include any combination of:

- text
- images
- embedded audio/video content lasting no more than 3 minutes
- slides notes.

Physical presentation is not required. Where the option of physical presentation is taken, this should last no longer than approximately 5–10 minutes in duration. This is under the assessment controls stated within the subject assessment strategy.

Resources needed

You can access the internet if necessary to search and access audio-visual content.

Supervised hours to complete the tasks

You will need approximately 1 hour to complete Task 2.

(Total for Task 2 = 12 marks)

Task 3 – Preparing participants to take part in sport and physical activity

Kayla is ready to take part in your chosen physical activity (sport, outdoor activity or physical fitness activity).

Part 1

You will need to produce a written response of a plan for a warm-up for Kayla to prepare her for participation in your chosen physical activity, giving reasons for your choices of activities for each component of the warm-up.

Your written response should include:

- a warm-up plan that includes a pulse raiser, mobiliser and preparation stretches for the selected participant to prepare them to take part in your chosen physical activity
- an account to justify the choice of activities in each component of the warm-up related to the needs of the participant, the responses of the cardiorespiratory system and musculoskeletal system and the chosen physical activity.

Part 2

You will also need to provide video evidence of you demonstrating that you are able to deliver your planned warm-up to the participants.

Your video footage should include:

- practical evidence including demonstrations and audio of you delivering a warm-up to a group of participants to include:
 - pulse raiser
 - mobiliser
 - preparation stretches
- practical evidence including audio of you supporting participants to take part in a warm-up for your chosen physical activity using key teaching points to support good practice.

Learning outcome covered

Outcome C: Be able to prepare participants to take part in sport and physical activity.

Checklist of evidence required

A written response to include a warm-up plan of approximately 3–4 pages of A4, which can include supporting sketches.

Video recordings lasting approximately 10 minutes of you delivering a warm-up to participants.

Supervised hours to complete the task

You will need approximately 2 hours to complete Task 3.

(Total for Task 3 = 24 marks)

TOTAL FOR SET ASSIGNMENT = 60 MARKS