



Pearson

Pearson BTEC Level 1/Level 2 Tech Award

January 2026

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 is for use with the December 2025 – January 2026 moderation series only. You must ensure the correct assessment is issued to learners.

This assessment may be given to learners as soon as it is received. Please refer to the Administrative Support Guide for further information and mark submission deadlines.

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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

Darnell is a 42-year-old male. He lives in a large house in a village with his wife and two children, aged 10 and 12 years old. Darnell and his wife each have their own car.

Darnell started his own business 10 years ago. The business has been successful and makes a lot of money for Darnell and his family, however he often experiences high levels of stress. Darnell is usually at work from 6 am until 6 pm on weekdays. During evenings and weekends, he spends some time with his family, but has work to do from home as well. He would like to reduce his stress levels and have a better balance between his work and family life.

Darnell's business is based in an office in a town 10 miles away from his home. He spends his time there sitting in a chair, making phone calls, having meetings and working at his computer. Over the last 10 years, he has become overweight and recently started to feel unwell. Darnell's doctor has told him that he needs to change his lifestyle and increase his physical activity levels, or he could risk developing Type 2 diabetes.

Darnell has not taken part in any physical activity for over 10 years. He used to play tennis and golf, and would sometimes go to the gym. However, he could no longer find the time for these activities once he had started the business and had a family.

Darnell has thought about trying to go back to some of these activities in the past, but has always been put off. He worries that his body does not look the same as the people he imagines going to the gym. Having not played tennis or golf for such a long time, he is also not confident that he would still be able to play these sports to a good enough standard to join a club.

There is a large private sector country club, two miles from the village where Darnell lives. The country club offers a gym, a swimming pool and a range of fitness training classes with access to personal trainers. It also has a floodlit tennis centre and an 18-hole golf course. The country club offers sessions that allow junior members to use all of these facilities too, often in the evenings and at weekends. In the nearest town, 10 miles away, there are a number of other clubs and facilities offering a full range of sports and activities.

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 Darnell 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 Darnell 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 Darnell 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 Darnell to participate in your chosen sport, outdoor activity or physical fitness activity
- of the benefits and limitations of using this technology for Darnell 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

Darnell 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 Darnell to prepare him 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