



Pearson

Pearson BTEC Tech Award Level 1/2

June 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 May 2025 – June 2025 moderation series. 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

Martha is a 26-year-old female. She lives on her own in a village, five miles away from the nearest town.

Martha lost her job three months ago and has been unemployed ever since. She has been looking for work and has had a number of interviews, but has not been successful in getting a job yet. This is having a negative effect on her self-esteem and confidence. Martha has started to feel that she is not good enough and not wanted by anybody. She is finding being at home all day very difficult to cope with and is becoming quite depressed about the whole situation.

Martha thinks that becoming involved in a sport or activity might be a positive step. She would like to find an enjoyable activity that will support her mental health and wellbeing. She feels that taking part in an activity may also develop her teamwork and leadership skills to help her find a new job.

Martha used to enjoy PE lessons but has not taken part in any sport or organised physical activity since leaving school 10 years ago. However, her last job involved lots of walking and heavy lifting so she has maintained a good level of fitness.

There is a large public sector leisure centre in the town, five miles from where Martha lives. The leisure centre offers a gym, a swimming pool and a range of fitness training classes. There is a cafe and facilities for a number of other sports at the leisure centre. On weekday mornings, the leisure centre offers free taster sessions in various sports and activities for groups of unemployed people.

Martha does not have much disposable income due to being unemployed. She does not own any sportswear and does not feel confident wearing short or tight-fitting clothing. Martha does not own a car, but there is a local bus that goes into the town and she owns a bicycle that she used to ride to work.

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

Martha 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 Martha 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