



Pearson

Pearson BTEC Level 1/Level 2 Tech Award

June 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 May 2026 – June 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

Lottie is an eight-year-old female. She lives with her dad in a small town and attends her local primary school.

Lottie has recently been told she has asthma. Her doctor has recommended that Lottie take part in more exercise to help her manage, and maybe even improve, the symptoms of her asthma.

Lottie's dad thinks this would be a good idea. Lottie is very active and always seems to have lots of energy. She finds it difficult to go to sleep at night and often wakes up very early in the morning. Lottie's dad hopes that taking part in more exercise will help her to sleep better at night. He is also hoping that it will provide her with the opportunity to make some new friends from outside of school.

Even though the doctor has recommended the exercise, Lottie's dad still feels concerned that increased physical activity might make Lottie's health condition worse or even cause her to have an asthma attack. He has decided to allow Lottie to give exercise a try, but he wants to keep a close eye on her while she is participating.

Lottie's dad works full time during the week, but they spend evenings and weekends together. He has limited disposable income, but he does own a car. Lottie is keen to try some new activities, but she feels a bit nervous and is not sure what to expect. She lacks some confidence due to her very limited previous experience of participating in sport outside of her PE lessons at school.

The nearest facility to Lottie's home is a public sector leisure centre about a mile from where she lives. It has a swimming pool that offers swimming lessons, open sessions for the public and hosts a competitive swimming club on most evenings. There is also a fully-equipped gym on site, that provides classes and sessions in a range of physical fitness activities. Lottie's dad has also seen that the local council is running taster sessions in a number of different sports during the summer holidays, which start in two weeks.

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

Lottie 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 Lottie 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