



Pearson

Pearson BTEC Level 1/Level 2 Tech Award

January 2026

Time 4 hours (approximately)

**Paper
reference**

BSP02

Sport

**COMPONENT 2: Taking Part and Improving Other Participants'
Sporting Performance
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.

W85289A

©2026 Pearson Education Ltd.
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 4 supervised hours to complete.

This is divided into approximately:

- 1 hour to complete Task 1
- 1 hour to complete Task 2
- 1 hour to complete Task 3
- 1 hour to complete Task 4.

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. When producing video evidence you must be easily identifiable within the footage. Your teacher 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

The local council recently conducted a survey of its employees and found that a high proportion of them had low levels of participation in physical activity and/or sport.

In response to these findings, the Sports Development Department would like to design an active lifestyle and sporting activity programme for council employees to help them improve their lifestyle and to increase their physical activity and sporting participation levels.

As a sport student on work placement within the Sports Development Department, the Head of Department has asked for your help and support in designing the active lifestyle and sporting activity programme.

Tasks

Task 1 – Components of fitness

The Head of Department has asked you to help the council employees understand the different components of fitness required for participation in an outdoor activity of your choice.

Produce a written response that will enable the council employees to understand what each of the different components of fitness are, their use in the chosen activity and the impact they have on performance in that activity.

Your written response should include an account of:

- how each of these components of fitness will be used during participation in the outdoor activity
- the impact of each of these components of fitness on performance in the outdoor activity.

Learning outcome covered

Outcome A: Understand how different components of fitness are used in different physical activities.

Checklist of evidence required

A written response of approximately 2–3 pages of A4, which can include supporting images.

Supervised hours to complete the task

You will need approximately 1 hour to complete Task 1.

(Total for Task 1 = 12 marks)

Task 2 – Participating in sport

The Head of Department has asked that you demonstrate to the council employees the enjoyment that can be had from playing competitive sport. In doing this, the Head of Department hopes to increase the number of employees playing sport. The Head of Department hopes to increase the council employees' understanding of the skills and strategies required for your **chosen sport**.

The Head of Department would like you to produce a series of video clips that will demonstrate sports skills for your chosen sport being demonstrated in isolated practices and sports skills and strategies being demonstrated in competitive situations.

Your video clips should include practical demonstrations of:

- **at least three** sports skills being performed in isolated practices
- sports skills and strategies being performed in a competitive situation.

Learning outcome covered

Outcome B: Be able to participate in sport and understand the roles and responsibilities of officials.

Checklist of evidence required

Video recordings, lasting approximately 15 minutes, of sports skills in isolated practices and sports skills and strategies in competitive situations for a selected sport.

Resources needed

Video camera with sound recording.

Supervised hours to complete the task

You will need approximately 1 hour to complete Task 2.

(Total for Task 2 = 12 marks)

Task 3 – Officiating in sport

The Head of Department would like the council employees to have a better understanding of the roles of the officials and the rules for your **selected sport**.

You have been asked to produce a presentation to assist the council employees in understanding the different roles and responsibilities of the officials for your selected sport.

The council employees should also understand the rules associated with the playing area and the scoring systems for your selected sport.

Your presentation should include an account of:

- the different roles and responsibilities of officials in your selected sport
- rules and regulations around:
 - the playing area
 - scoring systems

when taking part in your selected sport

- actions the officials would be expected to take to ensure the rules associated with:
 - the playing area
 - scoring systems

are adhered to when taking part in your selected sport.

Learning outcome covered

Outcome B: Be able to participate in sport and understand the roles and responsibilities of officials.

Checklist of evidence required

A presentation of approximately 10–15 slides that 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. This is under the assessment controls stated within the subject assessment strategy.

Resources needed

Resource requirements will depend on evidence to be submitted. You can access the internet if necessary to search and access audio-visual content.

Supervised hours to complete the task

You will need approximately 1 hour to complete Task 3.

(Total for Task 3 = 12 marks)

Task 4 – Improving participants’ sports skills

The Head of Department would like to arrange for a selection of the council employees to take part in a taster session for your selected sport.

To prepare for this session, you are going to provide practical support to help the council employees learn how to improve **one sports skill of your choice for your selected sport**.

You will need to produce a session plan of the drills and conditioned practices that you will use to develop **one** sports skill of your choice.

You will also need to provide video evidence that you are able to deliver demonstrations of the techniques to the council employees and support them as they take part in your planned drills and conditioned practices.

Your written response should include:

- a plan of the drills and conditioned practices to develop participants’ techniques for your chosen sports skill
- an account to justify the choice of activities in each drill and conditioned practice related to the requirements of the sports skill in competitive situations.

Your video footage should include:

- practical evidence of you demonstrating the techniques required to perform the selected sports skill using key teaching points to support good practice
- practical demonstrations of your choice of drills for the group of participants to take part in to improve your chosen sports skill
- practical evidence of you supporting participants to take part in your choice of drills to improve your chosen sports skill.

Learning outcome covered

Outcome C: Demonstrate ways to improve participants’ sporting techniques.

Checklist of evidence required

A written response of 3–5 pages of A4.

Video recordings lasting approximately 10 minutes of you demonstrating sports drills and conditioned practices and supporting participants as they take part in these activities.

Resources needed

Video camera with sound recording.

Supervised hours to complete the task

You will need approximately 1 hour to complete Task 4.

(Total for Task 4 = 24 marks)

TOTAL FOR SET ASSIGNMENT = 60 MARKS