

# Sport Options Information

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Mr Ellis

[Loom - Video](#)

# Course information

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- Sport option is broken down into two pathways.
  - Pathway 1 - BTEC Level 1 Certificate in Sport
  - Pathway 2 - ASDAN sport and fitness short course.







## BTEC Sport pathway

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- Students completing this option will complete the course over two years.
  - Examples of challenges include; How exercise affects the body, Keeping active and healthy, Contributing to running a sports event, developing a personal progression plan.
  - This is a new course for 2023/2024 and we are excited to be able to offer this opportunity for students.



## ASDAN Sports and fitness pathway

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- Students will complete the ASDAN Sports and Fitness Award over two years
  - Examples of challenges include; participating in indoor and outdoor sports, improving personal fitness, coaching and officiating, working in sport.
- Complete 'HeartStart' First aid course



# Who is the option suitable for?

## Pathway 1 - BTEC level 1

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The BTEC pathway is suited to higher achieving PE student with a focus on developing PE and sport knowledge further and applying their knowledge in theory and practical sessions. Students will be expected to complete a range of units, be organised and keep a portfolio of their assignments.

## Pathway 2 - ASDAN Sport and fitness

This qualification is aimed at pupils who enjoy taking part in sport and are interested in exploring a range of new and exciting opportunities within sport. ASDAN sports and fitness is aimed at preparing pupils with this knowledge and skills to lead healthy and active lifestyles in adulthood.

# Example of pupils work



Sports Leaders has helped me with my communication. I feel more confident to look for courses at college.  
Kaden Jones- Sports Leader  
(2023)



"I have enjoyed ASDAN because I have got to take part in different sports like tennis, basketball and football."  
Freddie Coulson  
Sports Leader (2023)