

BTEC Physical Education Report Statements

Skills Target	Link
Revise Learning Aims A, B, C, D and E in Unit 1: Anatomy and Physiology	Pearson BTEC Sport Student Book 1, Page 4 – 58.
Consolidate understanding of the role of the nervous control centre in sporting performance (Unit 1: Learning Aim D).	Pearson BTEC Sport Student Book 1, Page 43 – 44.
Consolidate understanding of the range of movements at synovial joints in sporting performance (Unit 1: Learning Aim A).	Pearson BTEC Sport Student Book 1, Page 12 – 15.
Consolidate understanding of the effects of exercise and sports performance on energy systems (Unit 1: Learning Aim E).	Pearson BTEC Sport Student Book 1, Page 49 – 55.
Consolidate understanding of the structure and function of the cardiovascular system on sporting performance (Unit 1: Learning Aim D)	Pearson BTEC Sport Student Book 1, Page 36 – 42.
Consolidate understanding of the responses of the respiratory system on physical exercise (Unit 1: Learning Aim B).	Pearson BTEC Sport Student Book 1, Page 31 – 36.
Revise Learning Aims A, B, C, D and E in Unit 2: Fitness, Training and Programming for health sport and well-being.	Pearson BTEC Sport Student Book 1, Page 60 – 126.
Consolidate understanding of training methods for different components of fitness (Unit 2: Learning Aim D).	Pearson BTEC Sport Student Book 1, Page 96 – 126.
Consolidate understanding of programme related nutritional needs (Unit 2: Learning Aim C).	Pearson BTEC Sport Student Book 1, Page 84 – 96.