

BTEC Sport and Active Leisure Level 1 Certificate

Unit	Assignment and title	Assessment Criteria	When to be completed
unit 2- managing health	1- health health health	1	Autumn 1
		2	
unit 12- planning own fitness programme	1- planning own fitness programme - components	1	Autumn 2 Spring 1
	task 2- fitness tests	2	
	task 3- plan do review	3 and 5	
	task 4- barriers	4	
Unit 11- How the Body Works	1- Muscles and bones	1	Spring 2 Summer 1
	2- Heart to Heart	2	
	3- one last breath	2	
	4- Food glorious food	3	
Unit 1- rights and responsibilities	1- work, work, work	1	Summer 2
		2	
		3	
		4	
Unit 4- Taking part in sport	1- taking part in sport	1, 2, and 3	Throughout year alongside Core PE sessions
	Sport 1	As above	
	Sport 2		
	Sport 3		
	sport 4		