

Mark scheme for P1 & M1

BTEC First – Sport:

Unit 12: Lifestyle & the sports performer

Mark scheme to support the assessment of:

Assessment Activity 1 – The future is all mapped out!

Key points:

- ✓ The learners can produce their plan in any format they like – although it needs to be suitable and tangible (P1 task)
- ✓ Likewise with M1. If this task is being approached verbally (which is realistic) there needs to be support material in place i.e. cue cards, notes, observation record etc.
- ✓ The plan must incorporate work commitments and leisure time

Work commitments: eg training, competition, study, other forms of employment, prioritising, informing others, flexibility, resources

Leisure time: social life; inappropriate activities eg alcohol, drugs, smoking; appropriate leisure activities eg rest and recovery, golf, cinema; living away from home

The example answers shown are a snap shot of P1 & M1. P1 is produced via the template provided in the task (although others can be used), whilst M1 is covered via an observation record – supported by learner cue cards/notes

Work and Leisure Plan: Week no 1 - (1 March 2011 to 8 March 2011)

DAY	Education time (including homework)		Training time (including competing)		Work-time		Social & free time		Comments
	Time	Activity	Time	Activity	Time	Activity	Time	Activity	
Monday	6	School	2	Land Training	0		1	Meet mates after school for 1 hour	No homework Mondays
Tuesday	6	School	1.5	Early swim	0		0		
			1.5	Late swim					
Wednesday	4	School	5	School sport afternoon & evening training (2 hours)	0		0		1 hours homework – done between school & training
Thursday	6	School	1.5	Early swim	0		0		
			1.5	Late swim					
Friday	6	School	0		0		3	Go out with mates – usually cinema	No training or homework Fridays.
Saturday	0		2	Early swim	3	Part-time job at xxx	4	Rest in afternoon after work	No competition this week – Saturday night go out with xxx
Sunday	2	Homework	0		0		6	Time spent at home with family	Planning family holiday & going to pub for Sunday lunch

Who consulted?

I have a regular timetable with training & school. My coach is happy with my programme although my teacher thinks I need to do more than 3 hours homework! Mum & dad insist we spend time as a family on Sundays - which I enjoy.

Support for M1 - additional comments needed to support weeks 2 - 4

BTEC Sport Observation Record

Student:	xxx
Unit Number and Name:	Unit 12: Lifestyle & the sports performer
Which criteria does the student have the opportunity to evidence?	M1
Where and when did the opportunity occur?	One-to-one discussion on 14 March 2011

Context

xxx had produced a 4 week plan – that included work and leisure time. I questioned him on the plan to see if he could explain the reasons why things had been planned as they had. The setting was a coach/performer meeting

During the role play exercise it was very clear why xxx had produced the plan as he had.

Some of the reasons he gave were:

- His training programme is rigid – dictated by pool space and land training opportunities. He also knows his competition programme well in advance – usually at least 6 months
- He has a part-time job (helping his dad with paperwork for his business) which he does for 3 hours a week. This is usually on a Saturday afternoon – but moves to a Friday evening if he has a competition on a Saturday.
- Sundays are usually kept free – his parents like to spend the day as a family with xxx & his two sisters
- He always allocates at least 3 hours a week to school work – which he tries to do on a Wednesday (between school sport & training) and a Sunday morning. xxx explained that this figure does change if he is behind with studies.
- He also explained the reason why he tries to go out on a Friday with his mates – no training. If he has a competition on the Saturday then he is always home before 10pm etc...

Which criteria did the student successfully demonstrate evidence for?

M1 – also see learner cue cards/notes

Notes for meeting with coach on 14 March

- School hours are set - so I have no flexibility with them
- Training times are set so again no flexibility
- I don't do homework on a Monday as I spend at least 2 hours on a Sunday doing it
- I usually help my dad on a Saturday when I have the time - although this changes if I have a competition. This is because I have to travel to events usually.
- My coach & parents think it is important to spend time with my mates - so Friday night is the best time to do this because I don't train. My best mate is also a swimmer so he is free then as well.
- We always spend time as a family - usually on a Sunday when we are all free.
- If I have a competition at the weekend I am allowed to miss school sport on a Wednesday afternoon (so I'm not tired or injured). I use this time to do homework or the work for my dad
- Etc...