

Physical Education at The Bulmershe School 2018-2019
Key Stage 5 Curriculum Plan
Year 12 Pearson BTEC Level 3 National Certificate in Sport

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<p><u>Unit of Study:</u> Unit 1: Anatomy and Physiology</p> <p>A1 Structure of skeletal system Understand how the bones of the skeleton are used in sporting techniques and actions.</p> <p>A2 Function of skeletal system Understand how the functions of the skeleton and bone types are used in sporting actions and exercise.</p> <p>A3 Joints Understand how joints of the upper and lower skeleton are used in sporting techniques and actions.</p> <p>A4 Responses of the skeletal system to a single sport or exercise session</p>	<p><u>Unit of Study:</u> Unit 1: Anatomy and Physiology</p> <p>B The effects of exercise and sports performance on the muscular system</p> <p>B1 Characteristics and functions of different types of muscles B2 Major skeletal muscles of the muscular system</p> <p>B3 Antagonistic muscle pairs</p> <p>B4 Types of skeletal muscle contraction</p> <p>B5 Fibre types</p> <p>B6 Responses of the muscular system to a single sport or exercise session</p> <p>B7 Adaptations of the muscular system to exercise</p>	<p><u>Unit of Study:</u> Unit 1: Anatomy and Physiology</p> <p>C The effects of exercise and sports performance on the respiratory system</p> <p>C1 Structure of the respiratory system</p> <p>C2 Function Understand the function of the respiratory system in response to exercise and sports performance</p> <p>C3 Lung volumes</p> <p>C4 Control of breathing</p> <p>C5 Responses of the respiratory system to a single sport or exercise session</p> <p>C6 Adaptations of the respiratory system to exercise</p>	<p><u>Unit of Study:</u> Unit 1: Anatomy and Physiology</p> <p>D4 Responses of the cardiovascular system to a single sport or exercise session</p> <p>D5 Adaptations of the cardiovascular system to exercise</p> <p>D6 Additional factors affecting the cardiovascular system</p> <p>E The effects of exercise and sports performance on the energy systems</p> <p>E1 The role of ATP in exercise</p> <p>E2 The ATP-PC (alactic) system in exercise and sports performance</p> <p>E3 The lactate system in exercise and sports performance</p>	<p><u>Unit of Study:</u> Unit 1: Anatomy and Physiology</p> <p>E4 The aerobic system in exercise and sports performance</p> <p>E5 Adaptations of the energy system to exercise</p> <p>E6 Additional factors affecting the energy systems</p> <p><u>Examination preparation and</u></p>	<p><u>Unit of Study:</u> Transition to year 13 and start the unit 2 - Fitness Training and Programming for Health, Sport and Well-being</p>

<p>A5 Adaptations of the skeletal system to exercise</p> <p>A6 Additional factors affecting the skeletal system</p>	<p>B8 Additional factors affecting the muscular system</p>	<p>C7 Additional factors affecting the respiratory system</p> <p>D The effects of sport and exercise performance on the cardiovascular system</p> <p>D1 Structure of the cardiovascular system</p> <p>D2 Function of the cardiovascular system</p> <p>D3 Nervous control of the cardiac cycle</p>			
<p>Unit 7: Practical Sports Performance Assignment 1</p> <p>Learning aim A: Examine National Governing Body rules/laws and regulations for selected sports competitions A1 NGB rules/laws in selected sports</p> <p>A2 Roles and responsibilities of officials</p>	<p>Unit 7: Practical Sports Performance Assignment 1</p> <p>B: Examine the skills, techniques and tactics required to perform in selected sports</p> <p>B1 Technical demands required to perform in a sport</p> <p>B2 Tactical demands applied in sports performance</p>	<p>Unit 7: Practical Sports Performance Assignment 1</p> <p>Learning aim C: Develop skills, techniques and tactics for sporting activity in order to meet sport aims C1 Safe and appropriate practical performance demonstration and participation</p>	<p>Unit 7: Practical Sports Performance Assignment 1</p> <p>Learning aim D: Reflect on own practical performance using selected assessment methods D1 Assessment methods to review the performance of the skills, techniques and tactics in the selected sports</p> <p>D2 Review performance in the selected sports</p>	<p>Unit 7: Practical Sports Performance Assignment 1</p> <p>Learning aim D: Reflect on own practical performance using selected assessment methods D1 Assessment methods to review the performance of the skills, techniques and tactics in the selected sports</p> <p>D2 Review performance in the selected sports</p> <p>D3 Developments to improve performance</p>	<p>Unit 7: Practical Sports Performance Assignment 1</p>

			D3 Developments to improve performance		
<p><u>Assessment:</u> Weekly recap start questions end of unit tests.</p> <p>Formal assessment A: Examine National Governing Body rules/laws and regulations for selected sports competitions for P1 and M1 in unit 7.</p>	<p><u>Assessment:</u> Weekly recap start questions end of unit tests.</p> <p>Formal assessment B: Examine the skills, techniques and tactics required to perform in selected sports P2 and M2.</p>	<p><u>Assessment:</u> Weekly recap start questions end of unit tests.</p> <p>Formal assessment C: Develop skills, techniques and tactics for sporting activity in order to meet sport aims P3 and M3</p>	<p><u>Assessment:</u> Weekly recap start questions end of unit tests.</p> <p>Formal assessment D: Discuss own performance using different assessment methods and feedback from others in an individual and a team competitive sport. P4, M4 and D3</p>	<p><u>Assessment:</u> Weekly recap start questions end of unit tests.</p> <p>Formal assessment D: Reflect on own practical performance using selected assessment methods D2</p>	<p><u>Assessment:</u> Weekly recap start questions end of unit tests.</p>
<p><u>Skills:</u> Self evaluation, reflection time, peer observation and video analyse</p>	<p><u>Skills:</u> Self evaluation, reflection time, peer observation and video analyse</p>	<p><u>Skills:</u> Self evaluation, reflection time, peer observation and video analyse</p>	<p><u>Skills:</u> Self evaluation, reflection time, peer observation and video analyse</p>	<p><u>Skills:</u> Self evaluation, reflection time, peer observation and video analyse</p>	<p><u>Skills:</u> Self evaluation, reflection time, peer observation and video analyse</p>
<p><u>SMSC/British Values:</u> Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</p>	<p><u>SMSC/British Values:</u> Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</p>	<p><u>SMSC/British Values:</u> Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</p>	<p><u>SMSC/British Values:</u> Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</p>	<p><u>SMSC/British Values:</u> Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</p>	<p><u>SMSC/British Values:</u> Teamwork, Leadership, Sportsmanship, Creativity and Ethics.</p>
<p>Enrichment/Extra Curriculum: Websites</p>					

Enrichment/Extra Curriculum:

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