Curriculum Map – Level 3 BTEC Sport – Year 12

Immanuel College
Church of England Academy

	Term 1		Term 2		Term 3	
Key focus	Unit 1 Anatomy & Physiology	Unit 7 Practical Sports Performance	Unit 1 Anatomy & Physiology	Unit 7 Practical Sports Performance	Unit 1 Anatomy & Physiology	Unit 7 Practical Sports Performance
Purpose of the scheme	To introduce students to the five main body systems (skeletal, muscular, respiratory, cardiovascular and energy) and how they interrelate to allow us to participate in a huge variety of sport and exercise activities.	To introduce students to the skills, techniques, tactics and rules of selected sports through active participation in individual and team sports.	To introduce students to the five main body systems (skeletal, muscular, respiratory, cardiovascular and energy) and how they interrelate to allow us to participate in a huge variety of sport and exercise activities.	To introduce students to the skills, techniques, tactics and rules of selected sports through active participation in individual and team sports.	To introduce students to the five main body systems (skeletal, muscular, respiratory, cardiovascular and energy) and how they interrelate to allow us to participate in a huge variety of sport and exercise activities.	To introduce students to the skills, techniques, tactics and rules of selected sports through active participation in individual and team sports.
Pre read (suggested)						
Key knowledge and skills	Students will learn about the skeletal system including the structure and function of the system, joints, responses, adaptations to exercise and additional factors that affect the systems such as arthritis and osteoporosis. Students will learn about the muscular system including the characteristics and functions of the different types of muscles, antagonistic muscle pairs, types of skeletal muscle contraction, responses, adaptations and additional factors affecting the muscular system such as the affect of age on muscles and cramp. Students will learn about the three energy systems including the ATP-PC system, the lactate system and the aerobic system. They will learn about how each system produces energy for exercise and	Students will learn about the national governing body rules/laws in selected sports competitions including any unwritten rules and situation where rules have been applied legally and illegally to gain an advantage in the sport. Students will learn about the roles and responsibilities of officials in selected sports. Students will examine the skills, techniques and tactics required to perform in selected sports including how they are applied for effective participation. Students will learn about the tactical demands and how they are applied in sports performance such as defending, attacking, formations, shot selection, use of space, decision making and communication.	Students will learn about the respiratory system including the structure and function of the system, how breathing is controlled, responses, adaptations and additional factors that affect the respiratory system such as asthma. Students will learn about the cardiovascular system including the structure and function of the system, how the cardiac cycle is controlled, responses, adaptations and additional factors that affect the system such as hyperthermia and hypothermia.	Students will develop their own skills, techniques and tactics for sporting activity including safe and appropriate practical performance demonstration. Students will perform the skills, techniques and tactics in isolated practices, conditioned practices and competitive situations. Students will apply the correct rules and regulations within their performances.	Students will learn about the three energy systems including the ATP-PC system, the lactate system and the aerobic system. They will learn about how each system produces energy for exercise and sports performance, the adaptations of each system to exercise and additional factors that affect the systems such as diabetes.	Students will learn how to reflect on their own practical performance using a variety of assessment methods such as SWOT analysis, interviews, observations, objective performance data and they will use these assessment methods to highlight their strengths and areas for improvement.

	sports performance, the adaptations of each system to exercise and additional factors that affect the systems such as diabetes.					
Key words/ vocabulary	**Skeletal system:** major bones of the body, sections of the vertebral column, axial skeleton, appendicular skeleton, kyphosis, scoliosis, osteoblasts, osteoclasts, epiphyseal plate, fibrous, cartilaginous and synovial joints, components of a synovial joint, ranges of movement produced at different joints, arthritis, osteoporosis. **Muscular system:** cardiac, skeletal and smooth muscle, major skeletal; muscles of the body, agonist, antagonist, synergist, fixator, isometric, eccentric, concentric muscle contraction, muscle fibre types, myoglobin, mitochondria, tendon, glycogen, lactate, cramp.	National Governing Bodies (NGB's), rules/laws of selected sports, sporting etiquette, regulations, officials, responsibilities, competitors, equipment, facilities, competitors, technology, continuous skill, serial skill, discrete skill, techniques, tactics, defensive tactics, attacking tactics, communication	**Respiratory system:** components of the respiratory system, intercostal muscles, lung volumes, chemoreceptors, carbon dioxide, oxygen, asthma, partial pressure. **Cardiovascular system:** components of the cardiovascular system, arteries, arterioles, veins, venuoles, capillaries, red and white blood cells, plasma, platelets, sinoatrial node, atrioventricular node, purkinje fibres, cardiac output, blood pressure, cardiac hypertrophy, stroke volume, sudden arrhythmic death syndrome, hypertension, hypotension, hyperthermia, hypothermia.	National Governing Bodies (NGB's), rules/laws of selected sports, sporting etiquette, regulations, officials, responsibilities, competitors, equipment, facilities, competitors, technology, continuous skill, serial skill, discrete skill, techniques, tactics, defensive tactics, attacking tactics, communication	**Energy systems**: adenosine triphosphate (ATP), phosphate, creatine, anaerobic, aerobic, aerobic glycolysis, kerbs cycle, electro transport chain.	isolated practices, conditioned practices, competitive situations, SWOT analysis, subjective, observations, objective performance data.
Exam board	Pearson					
End point	Anatomy and Physiology external examination – May 2024.	Unit 7 completion – May 2024	Anatomy and Physiology external examination – May 2024.	Unit 7 completion – May 2024	Anatomy and Physiology external examination – May 2024.	Unit 7 completion – May 2024
Assessment method	Students will have formative assessments in the shape of end of topic assessments which will take place after each body system has been taught. These assessments will be internally set and marked and be in the form of written assessments.	The unit is internally assessed and externally moderated. Students will complete two assignments which are marked and graded by their teacher and a sample of work is moderated by Pearson.	Students will have formative assessments in the shape of end of topic assessments which will take place after each body system has been taught. These assessments will be internally set and marked and be in the form of written assessments. Students will sit an externally assessed exam in May 2024.	The unit is internally assessed and externally moderated. Students will complete two assignments which are marked and graded by their teacher and a sample of work is moderated by Pearson.	Students will have formative assessments in the shape of end of topic assessments which will take place after each body system has been taught. These assessments will be internally set and marked and be in the form of written assessments. Students will sit an externally assessed exam in May 2024.	The unit is internally assessed and externally moderated. Students will complete two assignments which are marked and graded by their teacher and a sample of work is moderated by Pearson.

	Students will sit an externally assessed exam in May 2024.					
Wider reading / links / research						
Careers links	Physiotherapist, PE teacher, Sports coach, PT instructor, Physiologist, Sports injury	Sports coach, sports data analyst, PE teacher, PT instructor, sports management, sports development officer, NGB officer	Physiotherapist, PE teacher, Sports coach, PT instructor, Physiologist, Sports injury	Sports coach, sports data analyst, PE teacher, PT instructor, sports management, sports development officer, NGB officer	Physiotherapist, PE teacher, Sports coach, PT instructor, Physiologist, Sports injury	Sports coach, sports data analyst, PE teacher, PT instructor, sports management, sports development officer, NGB officer