

Forensic Learning Points in Physical Education at Kineton High School

	Key Stage 5 BTEC Extended Certificate in Sport			
Time	Year 12 BTEC Extended Certificate in Sport		Year 13 BTEC Extended Certificate in Sport	
Autumn 1	<p>Unit 1: Anatomy and Physiology</p> <p>Learning Aim A – Skeletal System</p> <p>Curriculum end point:</p> <p>1) Know the structure and function of the skeletal system. Can name and locate major bones, joints, and type of joints. 2) Explain and discuss the responses and adaptation to exercise. 3) Understand how additional factors such as age and disease affect the skeletal system.</p> <p>Vocab: Osteoporosis, Kyphosis, Cartilage, Ligaments, Ossification, Osteoblasts/clasts.</p> <p>Assessments:</p> <ul style="list-style-type: none"> • Examination Questions • Lesson Q&A • End of Unit Test 	<p>Unit 2: Fitness Training and Programming for Health, Sport and Wellbeing</p> <p>Learning Aim A - Examine lifestyle factors and their effect on health and well-being</p> <p>Curriculum end point:</p> <p>1) Know about positive and negative lifestyle factors and their effects on health and well-being. 2) Will be able to explain and discuss lifestyle modification techniques</p> <p>Vocab: Obesity, Smoking, Sedentary, Nutrition, Stress.</p> <p>Assessments:</p> <ul style="list-style-type: none"> • Examination Questions • Lesson Q&A • End of Unit Test 	<p>Unit 3: Professional Development in the Sports Industry</p> <p>Learning Aim A - Understand the career and job opportunities in the sports industry</p> <p>Curriculum end point:</p> <p>1) Demonstrate knowledge of different sports career pathways, factors affecting careers and requirements for them. 2) Understand how to research the progression specifically in one career.</p> <p>Vocab: Sports Science, Career Progression, Vocation, Descriptions.</p> <p>Assessments:</p> <ul style="list-style-type: none"> • Assignment 1 Task 1. • Lesson Q&A 	<p>Unit 5: Application of Fitness Testing</p> <p>Learning Aim A - The principles of fitness testing</p> <p>Curriculum end point:</p> <p>1) Understand what validity and reliability means and the application to fitness testing for different sports performers. 2) Explain the factors affecting the practicality and suitability of fitness tests 3) Know and apply the ethical issues associated with fitness screening.</p> <p>Vocab: Suitability, Practicality, Informed Consent, Clearance, Welfare</p> <p>Assessments:</p> <ul style="list-style-type: none"> • Assignment 1 Task 1 • Lesson Q&A

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Autumn 2	<p>Unit 1: Anatomy and Physiology</p> <p>Learning Aim B – Muscular System</p> <p>Curriculum end point:</p> <p>1) Know the structure and function of the muscular system. Can name and locate muscles and understand type of movement, fibres and muscular contractions. 2) Explain and discuss the responses and adaptation to exercise. 3) Understand how additional factors such as age and cramp affect the muscular system.</p> <p>Vocab: Pectorals, Gastrocnemius, Vastus Lateralis, Striped, Antagonist, Fixator, Synergist.</p> <p>Assessments:</p> <ul style="list-style-type: none"> • Examination Questions • Lesson Q&A • End of Unit Test 	<p>Unit 2: Fitness Training and Programming for Health, Sport and Wellbeing</p> <p>Learning Aim B - Understand the screening processes for training programming</p> <p>Curriculum end point:</p> <p>1) Know the screening processes and health monitoring tests available and can interpret the results of these health monitoring tests.</p> <p>Vocab: Fitness Testing, Waist to Hip, BMI, Blood Pressure, Skinfold</p> <p>Assessments:</p> <ul style="list-style-type: none"> • Examination Questions • Lesson Q&A • End of Unit Test 	<p>Unit 3: Professional Development in the Sports Industry</p> <p>Learning Aim B - Explore own skills using a skills audit to inform a career development action plan</p> <p>Curriculum end point:</p> <p>1) Will produce a personal skills audit against a chosen career pathway identifying areas of strength and weakness. 2) Using an action plan students will know how to and can plan personal development opportunities towards a career in the sports industry.</p> <p>Vocab: Terms, Industry, Experiences, SWOT, Skills.</p> <p>Assessments:</p> <ul style="list-style-type: none"> • Assignment 1 Task 2. • Final assignment • Lesson Q&A 	<p>Unit 5: Application of Fitness Testing</p> <p>Learning Aim B - Explore fitness tests for different components of fitness</p> <p>Curriculum end point:</p> <p>1) Know how and can administer the tests. 2) Understands what test tests for which Component of Fitness. 3) Can plan the tests and ensure H&S for participants.</p> <p>Vocab: Health and Safety, Physical Fitness, Skill-related, Subjects.</p> <p>Assessments:</p> <ul style="list-style-type: none"> • Assignment 1 Task 2 • Final Assignment • Lesson Q&A

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Spring 1	<p>Unit 1: Anatomy and Physiology</p> <p>Learning Aim C – The respiratory system</p> <p>Curriculum end point:</p> <p>1) Know the structure and function of the respiratory system. Can name and locate all parts of the system and understand how we breathe and gaseous exchange. 2) Explain and discuss the responses and adaptation to exercise. 3) Understand how additional factors such as asthma and altitude affect the muscular system.</p> <p>Vocab: Intercostals, Partial Pressure, Alveoli, Gradient, Diffusion.</p> <p>Assessments:</p> <ul style="list-style-type: none"> • Examination Questions • Lesson Q&A • End of Unit Test 	<p>Unit 2: Fitness Training and Programming for Health, Sport and Wellbeing</p> <p>Learning Aim C - Examine lifestyle factors and their effect on health and well-being</p> <p>Curriculum end point:</p> <p>1) Know the common terminology and components of a balanced diet. 2) Can understand, explain and discuss nutritional strategies for individuals taking part in training programmes.</p> <p>Vocab: Function, RDA, Sources of food, Energy.</p> <p>Assessments:</p> <ul style="list-style-type: none"> • Examination Questions • Lesson Q&A • End of Unit Test 	<p>Unit 3: Professional Development in the Sports Industry</p> <p>Learning Aim C - Learning aim C: Undertake a recruitment activity that can lead to a job offer.</p> <p>Curriculum end point:</p> <p>1) Can know how to and produce a Covering letter, CV and Application form. 2) Can take part in an interview and interview selection activities.</p> <p>Vocab: Interview, Job description, Tailor, Experience, Enthusiasm.</p> <p>Assessments:</p> <ul style="list-style-type: none"> • Assignment 2 Task 1. • Lesson Q&A 	<p>Unit 5: Application of Fitness Testing</p> <p>Learning Aim C - Explore fitness tests for different components of fitness</p> <p>Curriculum end point:</p> <p>1) Will produce a fitness profile for a selected sports performer. 2) Understand how to Interpret results against normative data.</p> <p>Vocab: Datasets, Display, Understanding, Trends.</p> <p>Assessments:</p> <ul style="list-style-type: none"> • Assignment 1 Task 1. • Lesson Q&A

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Spring 2	<p>Unit 1: Anatomy and Physiology</p> <p>Learning Aim D – Cardiovascular System</p> <p>Curriculum end point:</p> <p>1) Know the structure and function of the Cardiovascular system. Can name and locate parts of the heart, blood and blood vessels. 2) Explain and discuss the responses and adaptation to exercise. 3) Understand how additional factors such as age and SAD’s affect the CV system.</p> <p>Vocab: Cardiac, Chambers, Hypertrophy, Blood vessels, Bundle of his, parasympathetic.</p> <p>Assessments:</p> <ul style="list-style-type: none"> • Examination Questions • Lesson Q&A • End of Unit Test 	<p>Unit 2: Fitness Training and Programming for Health, Sport and Wellbeing</p> <p>Learning Aim D - Examine training methods for different components of fitness</p> <p>Curriculum end point:</p> <p>1) Can understand and explain the components of fitness to be trained including Skill-related fitness. 2) Explain and discuss the training methods for all physical fitness-related components of fitness.</p> <p>Vocab: Aerobic, Muscular, Agility, Reaction Time, Speed.</p> <p>Assessments:</p> <ul style="list-style-type: none"> • Examination Questions • Lesson Q&A • End of Unit Test 	<p>Unit 3: Professional Development in the Sports Industry</p> <p>Learning Aim D - Explore own skills using a skills audit to inform a career development action plan</p> <p>Curriculum end point:</p> <p>1) Will review and evaluate documents and interview using a SWOT analysis. 2) Will create an action plan to address deficiencies in career prospects including a timeline of events.</p> <p>Vocab: Action plan, SWOT, Development,</p> <p>Assessments:</p> <ul style="list-style-type: none"> • Assignment 2 Task 2. • Final assignment • Lesson Q&A 	<p>Unit 5: Application of Fitness Testing</p> <p>Learning Aim C - Explore fitness tests for different components of fitness</p> <p>Curriculum end point:</p> <p>1) Using a Fitness Profile they will providing feedback to a selected sports performer 2) Consideration given to the best method of feedback (verbal, written)</p> <p>Vocab: Effective, Feedback, Written, Verbal, Understanding, Development.</p> <p>Assessments:</p> <ul style="list-style-type: none"> • Assignment 2 Task 1. • Final assignment • Lesson Q&A

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Summer 1	<p>Unit 1: Anatomy and Physiology</p> <p>Learning Aim E – Energy Systems</p> <p>Curriculum end point:</p> <p>1) Know the function of the different energy systems. 2) Explain and discuss how the energy systems respond and adapt to exercise. 3) Understand how additional factors such as age and cramp affect the muscular system.</p> <p>Vocab: Pectorals, Gastrocnemius, Vastus Lateralis, Striped, Antagonist, Fixator, Synergist.</p> <p>Assessments:</p> <ul style="list-style-type: none"> • Examination Questions • Lesson Q&A • End of Unit Test • Revision of Unit 1 	<p>Unit 2: Fitness Training and Programming for Health, Sport and Wellbeing</p> <p>Learning Aim E - Understand training programme design</p> <p>Curriculum end point:</p> <p>1) Know the principles of fitness training programming 2) Use the principles to plan a fitness programme. 3) Explain and discuss reasons for the decisions taken in planning the programme.</p> <p>Vocab: Periodisation, appropriateness, macrocycle, mesocycle, microcycle.</p> <p>Assessments:</p> <ul style="list-style-type: none"> • Examination Questions • Lesson Q&A • End of Unit Test <p>Revision of Unit 2</p>	Course Completed	Course Completed

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Summer 2	<p data-bbox="501 185 790 277">Unit 3: Professional Development in the Sports Industry</p> <p data-bbox="472 316 819 408">Learning Aim A - Understand the career and job opportunities in the sports industry</p> <p data-bbox="472 446 707 475">Curriculum end point:</p> <p data-bbox="472 513 801 767">1) Will know how to conduct research into careers in the sports industry. 2) Know and explain where careers are advertised for the sports industry. 3) Can conduct research into 2 contrasting sports careers.</p> <p data-bbox="472 805 792 898">Vocab: Internet, Journals, Magazines, Recruiters, planning.</p> <p data-bbox="472 936 719 1059">Assessments:</p> <ul data-bbox="472 970 719 1059" style="list-style-type: none"> • Research Evidence • Lesson Q&A • End of Unit Test 	<p data-bbox="869 185 1180 245">Unit 5: Application of Fitness Testing</p> <p data-bbox="846 284 1180 376">Learning Aim A - Understand the principles of fitness testing Curriculum end point:</p> <p data-bbox="846 414 1081 443">Curriculum end point:</p> <p data-bbox="846 481 1173 671">1) Have experienced 6 fitness tests by taking part. 2) Understand the rationale to fitness testing. 3) Explain procedures and protocol definitions.</p> <p data-bbox="846 710 1128 802">Vocab: Validity, Reliability, Ethics, Practicality.</p> <p data-bbox="846 841 1099 963">Assessments:</p> <ul data-bbox="846 874 1099 963" style="list-style-type: none"> • Research Evidence • Lesson Q&A • End of Unit Test 	Course Completed	Course Completed