

Physical Education Year 12 Curriculum Map



Notre Dame
Catholic College

Map

YEAR 12	Autumn	Spring	Summer
Curriculum Content	<p style="text-align: center;">BTEC Sport Professional Development in the Sports Industry</p> <p>Composite: Understand the career and job opportunities in the sports industry.</p> <p>Components:</p> <ul style="list-style-type: none"> • Scope and Provision in the sports industry • Careers and jobs in the sports industry • Types of employment • Professional training needs, legislation and skills in the sports industry • Sources of continuing professional development <p style="text-align: center;">BTEC Sport Composite: Anatomy and Physiology</p> <p>Components: The skeletal system</p> <ul style="list-style-type: none"> • Structure of the skeletal system • Types of bones • Spine and vertebral column • Function of the skeleton • Function of different bones • Classification of joints • Types of joints and range of movement • Acute and chronic responses to the skeletal system • Additional factors affecting the skeletal system <p>Components: The Muscular System</p> <ul style="list-style-type: none"> • Different types of muscle • Muscle contractions • Types of fibre • Acute and chronic responses to the muscular session • Additional factors affecting the muscular system <p style="text-align: center;">BTEC Sport</p> <p>Composite: Fitness training and programming for health, sport and well-being</p> <p>Components: Lifestyle factors and their effect on health and well-being</p> <ul style="list-style-type: none"> • Positive lifestyle factors • Physical activity • Negative lifestyle factors • Smoking • Alcohol • Stress • Sedentary lifestyle • Sleep • Drugs <p>Components: Diet</p> <ul style="list-style-type: none"> • Balanced diet • Macro and micro nutrients 	<p style="text-align: center;">BTEC Sport Professional Development in the Sports Industry</p> <p>Composite: Explore own skills using a skills audit to inform a career development action plan</p> <p>Components:</p> <ul style="list-style-type: none"> • Personal skills audit for potential careers. • Building a skills audit • Planning personal development • Maintaining a personal portfolio of achievement and experience <p style="text-align: center;">BTEC Sport Composite: Anatomy and Physiology</p> <p>Components: The respiratory system</p> <ul style="list-style-type: none"> • Structure and function of the respiratory system • Mechanisms of breathing • Lung volumes • Acute and chronic responses to training the respiratory system • Additional factors affecting the respiratory system. <p>Components: The cardiovascular system</p> <ul style="list-style-type: none"> • Structure and function of the CV system • Structure of the blood vessels • Nervous control of the CV system • Acute and chronic responses to the CV system • Additional factors affecting the CV system. <p style="text-align: center;">BTEC Sport</p> <p>Composite: Fitness training and programming for health, sport and well-being</p> <p>Components: Understand the screening process for training programming</p> <ul style="list-style-type: none"> • Screening questionnaires • Health monitoring tests and their results <p>Components: Examine training methods for different components of fitness</p> <ul style="list-style-type: none"> • Physical and skill-related fitness • Training methods for physical and skill-related fitness 	<p style="text-align: center;">BTEC Sport Recruitment in the Sports Industry</p> <p>Composite: Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway</p> <p>Components:</p> <ul style="list-style-type: none"> • Applying for a job • Writing a CV • Writing a letter of application • Communication skills for an interview • Presentation skills and micro-coaching • Reflect upon the recruitment and selective process and your individual performance • Updated Swot and action plan <p style="text-align: center;">Cambridge National Certificate in Sport Studies Composite: Anatomy and Physiology</p> <p>Components: The energy systems</p> <ul style="list-style-type: none"> • The role of ATP and exercise • The lactate system and exercise • Adaptations of the energy systems to exercise • Additional factors affecting the energy systems. <p style="text-align: center;">BTEC Sport</p> <p>Composite: Fitness training and programming for health, sport and well-being</p> <p>Components: Understand training design</p> <ul style="list-style-type: none"> • Principles of fitness • Principles of training • Periodisation • SMART goals • Justification of training methods <p style="text-align: center;">Revision of topics for examination in June</p>

	<ul style="list-style-type: none"> Strategies for Improving dietary intake Healthy alternatives Understand the programme related nutritional needs Energy balance Hydration Adapting diet to gain or lose weight 		
Prior knowledge and skills (from previous year / key stage)	The skeletal and muscular systems- PE Jobs within the sports industry- Careers education Types of employment- Careers Education Smoking, sleep hydration and diet- PSHCE	The cardiovascular and respiratory systems- PE Skills audit- CV- Careers education Training methods in sport- PE	Writing a CV and letter of application- Careers education Principles of training- PE Goal setting- PE Aerobic and anaerobic systems- PE Planning and delivering a sports session- Sport studies
Assessment Objectives	<i>Units 1 and 2 will be assessed internally at the end of each component through a written examination which will take place in May.</i>	<i>Units 1 and 2 will be assessed internally at the end of each component y through a written examination which will take place in May.</i>	<i>Units 1 and 2 will be assessed externally through a written examination which will take place in May. Unit 3 will be assessed internally through written coursework and moderated externally.</i>
Vocabulary / Key Subject Terminology	Geographical factors, provision, sports infrastructure, seasonal factors Structure and function, skeletal system, muscular system Immune function, moderation, endorphins, screening processes.	Skills audit, personal portfolio Pleural cavity, respiratory tract, intercostal muscles, inspiration, expiration, diffusion. Ergogenic aids, carbo-loading, isotonic, hypertonic, hypotonic, interval, fartlek	Periodisation, static and dynamic stretches, maintenance, developmental stretches, active passive, core, repetitions, sets Creatine, lactic acid, alactic, ATP, glycolosis, Krebs Micro-teaching, micro-coaching, interview feedback, employer evaluation
Assessment 1	AP1- examination: <ul style="list-style-type: none"> The skeletal system Lifestyle factors and their effect on health and fitness AP2- examination <ul style="list-style-type: none"> Diet Muscular system 	AP3- examination: <ul style="list-style-type: none"> Health monitoring tests and screening for fitness The respiratory system AP4-examination: <ul style="list-style-type: none"> The cardiovascular system Training methods 	External assessment- May. Coursework moderation- May
Cross Curricular Links with other Faculties	Anatomy and Physiology- Science and Health and Social Care Careers in the Sports Industry- Careers Education- PSCHE Negative lifestyle factors- PSCHE	Anatomy and Physiology- Science and Health and Social Care Careers in the Sports Industry- Careers Education- PSCHE Health monitoring tests- Health and Social Care	Anatomy and Physiology- Science and Health and Social Care Careers in the Sports Industry- Careers Education- PSCHE Principles of training- PE
Extra-Curricular Offer	6 th form enrichment- Sports leaders award First Aid certificate	6 th form enrichment- Sports leaders award First Aid certificate	6 th form enrichment- Sports leaders award First Aid certificate
Time Allocation	3 lessons per week- 14 weeks	3 lessons per week- 12 weeks	

Physical Education Year 13 Curriculum Map



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YEAR 12	Autumn	Spring	Summer
Curriculum Content	<p style="text-align: center;">BTEC Sport Composite: Practical Sports Performance</p> <p>Components:</p> <ul style="list-style-type: none"> Laws and regulations in individual and team sports National and international governing bodies Unwritten rules and etiquette Regulations for sports under competition rules Roles and responsibilities of officials <p style="text-align: center;">BTEC Sport Composite: Anatomy and Physiology</p> <p>Components: Revision of the skeletal system</p> <ul style="list-style-type: none"> Structure of the skeletal system Types of bones Spine and vertebral column Function of the skeleton Function of different bones Classification of joints Types of joints and range of movement Acute and chronic responses to the skeletal system Additional factors affecting the skeletal system <p>Components: Revision of the muscular system-</p> <ul style="list-style-type: none"> Different types of muscle Muscle contractions Types of fibre Acute and chronic responses to the muscular session Additional factors affecting the muscular system <p style="text-align: center;">BTEC Sport</p> <p>Composite: Fitness training and programming for health, sport and well-being</p> <p>Components: Revision of lifestyle factors and their effect on health and well-being-</p> <ul style="list-style-type: none"> Positive lifestyle factors Physical activity Negative lifestyle factors Smoking Alcohol Stress Sedentary lifestyle Sleep Drugs <p>Components: Diet</p> <ul style="list-style-type: none"> Balanced diet Macro and micro nutrients Strategies for Improving dietary intake Healthy alternatives 	<p style="text-align: center;">BTEC Sport Composite: Practical Sports Performance</p> <p>Composite: Examine and develop the skills, techniques and tactics required to perform in selected sports</p> <p>Components:</p> <ul style="list-style-type: none"> Technical demands required to perform in sport Skill classification Techniques Tactical demands applied in sports performance Principles of attack and defence Decision making and communication <p style="text-align: center;">BTEC Sport Composite: Anatomy and Physiology</p> <p>Components: Revision of the respiratory system</p> <ul style="list-style-type: none"> Structure and function of the respiratory system Mechanisms of breathing Lung volumes Acute and chronic responses to training the respiratory system Additional factors affecting the respiratory system. <p>Components: Revision of the cardiovascular system</p> <ul style="list-style-type: none"> Structure and function of the CV system Structure of the blood vessels Nervous control of the CV system Acute and chronic responses to the CV system Additional factors affecting the CV system. <p style="text-align: center;">BTEC Sport</p> <p>Composite: Fitness training and programming for health, sport and well-being</p> <p>Components: Revision of understand the screening process for training programming</p> <ul style="list-style-type: none"> Screening questionnaires Health monitoring tests and their results <p>Components: Revision of training methods for different components of fitness</p> <ul style="list-style-type: none"> Physical and skill-related fitness Training methods for physical and skill-related fitness 	<p style="text-align: center;">BTEC Sport Composite: Practical Sports Performance</p> <p>Composite: Reflect on own practical performance using selected assessment methods</p> <p>Components:</p> <ul style="list-style-type: none"> Assessment methods Performance profiling Use of technology Objective performance data Review of performance in selected sports Developments to improve performance SMART targets <p style="text-align: center;">Cambridge National Certificate in Sport Studies Composite: Anatomy and Physiology</p> <p>Components: Revision of the energy systems</p> <ul style="list-style-type: none"> The role of ATP and exercise The lactate system and exercise Adaptations of the energy systems to exercise Additional factors affecting the energy systems. <p style="text-align: center;">BTEC Sport</p> <p>Composite: Fitness training and programming for health, sport and well-being</p> <p>Components: Revision of training design</p> <ul style="list-style-type: none"> Principles of fitness Principles of training Periodisation SMART goals Justification of training methods <p>Exam practice</p>

	<ul style="list-style-type: none"> Understand the programme related nutritional needs Energy balance Hydration Adapting diet to gain or lose weight 		
Prior knowledge and skills (from previous year / key stage)	The skeletal and muscular systems- PE Practical performance in two selected sports Rules and regulations in two selected sports Smoking, sleep hydration and diet- PSHCE	The cardiovascular and respiratory systems- PE Training methods in sport- PE Open and closed skills- Cambridge Nationals Skills, techniques and tactics in selected sports	Writing a CV and letter of application- Careers education Principles of training- PE Goal setting- PE Aerobic and anaerobic systems- PE Planning and delivering a sports session- Sport studies
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Cross Curricular Links with other Faculties	Anatomy and Physiology- Science and Health and Social Care Careers in the Sports Industry- Careers Education- PSCHE Negative lifestyle factors- PSCHE	Anatomy and Physiology- Science and Health and Social Care Careers in the Sports Industry- Careers Education- PSCHE Health monitoring tests- Health and Social Care	Anatomy and Physiology- Science and Health and Social Care Methods of assessment in PE Principles of training- PE
Extra-Curricular Offer	6 th form enrichment- Sports leaders award First Aid certificate	6 th form enrichment- Sports leaders award First Aid certificate	6 th form enrichment- Sports leaders award First Aid certificate
Time Allocation	3 lessons per week- 14 weeks	3 lessons per week- 12 weeks	

