



Curriculum Map



Subject: PE - BTEC

Year group: 10 and 11

Time period	Unit 1 Fitness for Sport and Exercise (Sept - Dec)	Unit 2 Practical Sport (Jan - June)	Unit 4 The Mind and Sports Performance (Sept - Dec)	Unit 3 Applying the Principles of Personal Training (Jan - April)
<p>Content</p> <p><i>Declarative Knowledge – ‘Know What’</i></p>	<p>Learning Aim A Know about the components of fitness and the principles of training</p> <ul style="list-style-type: none"> - Components of Physical Fitness <ul style="list-style-type: none"> - Aerobic Endurance - Muscular Endurance - Flexibility - Speed - Muscular Strength - Body Composition - Skill Related Fitness <ul style="list-style-type: none"> - Agility - Balance - Coordination - Power - Reaction Time - Exercise intensity <ul style="list-style-type: none"> - Heart Rate - Target Zones - Training Thresholds - Borg Rate of Perceived Exertion - The principles of FITT <ul style="list-style-type: none"> - Frequency - Intensity - Time - Type - Additional Principles of Training <ul style="list-style-type: none"> - Progressive Overload - Specificity - Individual differences / needs - Adaptation - Reversibility - Variation - Rest and Recovery 	<p>Assignment 1 Sports Rules, Regulations and Scoring Systems</p> <ul style="list-style-type: none"> - The rules, regulations and scoring systems of two sports - Apply the rules of a selected sport in specific situations - The roles and responsibilities of officials <p>Assignment 2 Skills, Tactics and Techniques</p> <ul style="list-style-type: none"> - The components of fitness and technical and tactical demands of two selected sports. - Practical demonstration of relevant skills, techniques and tactics effectively, in two selected sports <p>Assignment 3 Sports Performance Review</p> <ul style="list-style-type: none"> - Produce an observation checklist to review sporting performance - Identify strengths and weaknesses - Recommend activities to improve performance 	<p>Assignment 1 Personality and Sports Performance</p> <ul style="list-style-type: none"> - Personality - Methods of measuring personality - Three different views of personality - How personality affects sporting performance <p>Assignment 2 The Influence of Motivation and Self-confidence on Sports Performance</p> <ul style="list-style-type: none"> - The types and views of motivation and the benefits motivation and self-confidence have on sports performance. - Methods to increase self-confidence in sport. - Factors that influence self-efficacy in sport. - Goal setting, different types of goals that can be set, and how these can influence sports performance and motivation. <p>Assignment 3 Arousal and Anxiety and their Effects on Sports Performance</p> <ul style="list-style-type: none"> - Different types of anxiety. - Using four theories, the effect arousal and anxiety have on sports performance and their control. - Imagery and relaxation techniques as methods of controlling arousal and anxiety, and in improving sports performance. 	<p>Assignment 1 Training Programme Design</p> <ul style="list-style-type: none"> - Design a safe six-week personal fitness training programme <p>Assignment 2 The Body Systems and How They Respond to Fitness Training</p> <ul style="list-style-type: none"> - The structure and function of the musculoskeletal and cardiorespiratory systems - The short-term effects on the musculoskeletal and cardiorespiratory systems during the fitness training programme <p>Assignment 3</p> <ul style="list-style-type: none"> - Implement a six-week personal fitness training programme, maintaining a training diary. - Summarising outcomes for each session. - Evaluate performance and progress. <p>Assignment 4</p> <ul style="list-style-type: none"> - Review the six-week personal fitness training programme identifying strengths and areas for improvement.



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	<p>Learning Aim B Explore different fitness training methods</p> <p>Requirements for fitness training methods</p> <ul style="list-style-type: none"> - Safe use of equipment - Application of the principles of training - Warm up and cool down - Methods of training <ul style="list-style-type: none"> - Ballistic - Static - Proprioceptive Neuromuscular Facilitation (PNF) - Circuit Training - Free Weights - Plyometrics - Continuous Training - Fartlek Training - Interval Training - Hollow Sprints - Acceleration Sprints <p>Learning Aim C Investigate fitness testing to determine fitness levels.</p> <p>Fitness Testing</p> <ul style="list-style-type: none"> - Multi-Stage Fitness Test - 35 Metre Sprint - Sit and Reach Test - Forestry Step Test - Grip Dynanometer - Illinois Agility Test - Vertical Jump Test - One Minute Press Up / Sit Up Test - Body Mass Index - Bioelectrical Impedance Analysis - Skinfold Testing - Importance of Fitness Testing to Sports Performers and Coaches - Interpretation of Fitness Test Results 			
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Curriculum Map

<p>Skills</p> <p><i>Procedural Knowledge – 'Know How'</i></p>	<p>Learning Aim A Define components of fitness and apply them to sporting examples Measure heart rate (HR) and apply HR intensity to fitness training methods Calculate training zones and apply HR max to training Calculate 60–85% HR max Apply the Borg (1970) (6–20) Rating of Perceived Exertion (RPE) Scale as a measure of exercise intensity Know the calculation of RPE and heart rate Apply the FITT principles to training methods, regimes and given exercise situations. Define the components of fitness and apply them to methods of training</p> <p>Learning Aim B Describe and identify the different methods of training. Discuss advantages/disadvantages Apply exercise intensity to fitness training methods Apply principles of training to fitness training methods Select and apply fitness training method(s) to given client needs/goals/aims/objectives.</p> <p>Learning Aim C Describe the Fitness Tests and apply them to the appropriate Components of Fitness Describe the pre-test procedures Compare fitness test results to normative data Draw conclusion from / analyse / evaluate test results Justify recommendations for improvements</p>	<p>Assignment 1 Describe the rules, regulations and scoring systems. Describe / Explain the roles and responsibilities of officials and the application of rules to two sports. Compare and contrast the roles and responsibilities of officials from two selected sports, suggesting valid recommendations for improvement to the application of rules, regulations and scoring systems for each sport.</p> <p>Assignment 2 Describe the components of fitness and technical and tactical demands of two sports. Demonstrate skills, techniques and tactics within both a conditioned practice and a competitive situation.</p> <p>Assignment 3 Produce an observation checklist and use it to review own performance in two selected sports, describing / explaining / analysing strengths and areas for improvement. Recommend and justify activities to improve own performance.</p>	<p>Assignment 1 Define and describe the structure of personality. Describe three methods of measuring personality. Describe / explain / analyse three different views of personality, and how personality can affect sports performance.</p> <p>Assignment 2 Describe the types and views of motivation and describe / discuss / analyse the benefits motivation and self confidence Summarise methods to increase self-confidence Discuss the factors affecting self-efficacy Describe / discuss how goal setting can influence motivation and the roles of the different types of goals that can be set.</p> <p>Assignment 3 Describe, using relevant examples, different types of anxiety. Describe / Assess, using four theories, the effect arousal and anxiety have on sports performance and their control. Evaluate imagery and relaxation techniques as methods of controlling arousal and anxiety, and in improving sports performance.</p>	<p>Assignment 1 Design a safe six-week personal fitness training programme to meet an activity/sport goal taking into consideration personal information, showing creativity in design. Justify the training programme design, explaining links to personal information</p> <p>Assignment 2 The Body Systems and How They Respond to Fitness Training Describe the structure and function of the musculoskeletal and cardiorespiratory systems Summarise / explain the short-term effects on the musculoskeletal and cardiorespiratory systems during the fitness training programme</p> <p>Assignment 3 My training diary: training for success! Safely implement a six-week personal fitness training programme, maintaining a training diary. Summarise outcomes for each session. Evaluate performance and progress.</p> <p>Assignment 4 Review and explain the results, strengths of the training programme set for an activity/sport goal and areas for improvement, providing recommendations / justifications for future training and performance.</p>
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<p>Key Questions</p>	<p>What are the components of fitness? What are the fitness requirements for a given sport? How is the Borg Scale used to measure intensity? How do you test a named component of fitness? Calculate the heart rate intensity for a 16 year old who wants to work in the aerobic zone?</p>	<p>What are the rules related to Badminton / Basketball? How would you apply these rules to a sporting situation? Describe how to perform a layup? What tactics can be used to be successful in a game of badminton? What are your strengths / weaknesses?</p>	<p>What types of personalities should the manager select for a cup final and why? Can a coach predict how a player will react in certain situations based on their personality? Which view of personality accounts for how a performer reacts in different competitions? Think about well-known sports performers in recent high profile competitions. If you have extrinsic motivation, will this make you put more effort into achieving your goals? How does being confident in yourself affect the way you play and in what situations would you perform better? When should goals be set to improve a performer's motivation or self-confidence and what happens if these goals are not realistic? How does imagery help control arousal and anxiety? When would imagery work best and when would it not work so well in sport? When would relaxation techniques work best and when would they not work very well in sport?</p>	<p>Did you meet the goals you set at the start of the programme? What did the review of each training session tell you and how did you use this information? What short-term physiological effects did you experience during your training sessions? What changes did you need to make to your programme and why did you make those changes? Which areas of fitness have you improved? Which areas of fitness do you still need to improve? What evidence do you have to support your identified strengths and areas for improvement? How has the fitness training programme impacted on your fitness for your sport/activity? How would you change your training programme to make it better and why would you change it in this way? What benefits would the changes have for your fitness in your sport/activity?</p>
<p>Assessment</p>	<p>Externally assessed online examination</p>	<p>Assignment 1 Written PowerPoint and presentation of assignment</p> <p>Assignment 2 Written description of skills, tactics and techniques and components of fitness Practical demonstration and video evidence of skills techniques and tactics</p> <p>Assignment 3 Completed observation checklist and written summary</p> <p>All assignments are internally assessed</p>	<p>Assignment 1 Written PowerPoint and presentation of assignment</p> <p>Assignment 2 Written leaflet</p> <p>Assignment 3 Written PowerPoint presentation of assignment</p> <p>All assignments are internally assessed</p>	<p>Assignment 1 Personal information forms Written training programme design Principles of training table relating to your training programme Written justification of your training programme</p> <p>Assignment 2 Create a poster</p> <p>Assignment 3 Complete a training diary</p> <p>Assignment 4 Written review of training programme</p> <p>All assignments are internally assessed</p>



Curriculum Map

Literacy/Numeracy/ SMSC/Character	Calculating Maximum Heart Rate and Heart Rate Intensities Calculate the rate of perceived exertion Data Handling and interpretation Short answer questions Extended writing questions Aspiration, Resilience, Confidence, Initiative	Extended writing Interpretation of data Playing as a part of a team Aspiration, Resilience, Confidence, Initiative	Extended writing Interpretation of diagrams of graphs Cultural references related to sporting examples Aspiration, Resilience, Confidence, Initiative	Extended writing Interpretation of data Aspiration, Resilience, Confidence, Initiative
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