



Curriculum Map

Subject: Physical Education: Level 3 CTEC Sport and Physical Activity

Year group: 12

Time period	Unit 1 Body Systems Exam Yr 12 Sept - Jan	Unit 18 Practical Sport Coursework Yr 12 Sept - Apr	Unit 2 Sports coaching Coursework Yr 12 Jan - July	Unit 3 Sports development Exam Yr 13 Sept - Jan	Unit 17 Sports injuries Coursework Yr 13 Jan - May
<p>Content</p> <p><i>Declarative Knowledge</i></p> <p>– <i>'Know What'</i></p>	<p>The Skeletal System</p> <ul style="list-style-type: none"> The axial and appendicular skeletons The functions of the skeleton and the link to types of bone, Classifications of joints The types of synovial joints Structures and functions of synovial joints Joint movements Structure and function of the vertebral column The impact of physical activity, training and lifestyle on the skeletal system, <p>The Muscular System</p> <ul style="list-style-type: none"> Main muscles at synovial joints Muscle function Muscle contraction Muscle fibres Link between fibre types and performance Impact of training on muscles <p>Cardiovascular System</p> <ul style="list-style-type: none"> Structure and function of the heart, blood and blood vessels Stroke volume, heart rate and cardiac output Vascular shunt 	<p>For Individual sports and team sports:</p> <ul style="list-style-type: none"> Appropriate selection and execution of skills and techniques Creativity and flair Use of tactics and strategies Decision-making Ability to manage/maintain own performance Adaptability during performance <p>Outdoor and Adventurous Activities:</p> <ul style="list-style-type: none"> Skills and knowledge required for participation communication skills use and care of equipment emergency procedures team working and leadership skills <p>Roles of officials</p> <ul style="list-style-type: none"> Responsibilities of officials Apply rules and regulations relevant to the sport or physical activity and the role, Communicate effectively Maintain good positioning 	<ul style="list-style-type: none"> Roles and responsibilities of sports coaches and activity leaders How the roles and responsibilities involved in teaching and delivering sport differ Principles of leadership Group dynamics Attributes of coaches and leaders Methods for identifying strengths and weaknesses in skills, techniques and deployment of tactics, Classification of skills and its links to types of practice Methods for measuring improvement in skills, techniques and deployment of tactics Review participants' needs considering which could influence coaching sessions, Key considerations when planning sports/activity sessions SMART goal setting Preparing equipment for sports/activity sessions 	<ul style="list-style-type: none"> Organisations involved in sport in the UK Roles and responsibilities of sports organisations in the UK International organisations which impact UK sport, How the different organisations interact What sports development is The purpose of sports development The sports development continuum levels Target groups, The impact of sports development can be measured Methods of delivering sports development Characteristics of sports development initiatives and events Advantages and disadvantages of sports development initiatives and events, Benefits of sports development 	<ul style="list-style-type: none"> Chronic and acute injuries Common causes of chronic and acute injuries Signs and symptoms of acute and chronic injuries Psychological effects of suffering a sports injury Intrinsic and extrinsic factors which can influence the risk of injury, Minimising the risk of sport injury Actions following an injury Emergency Action Plan Agencies and professionals involved in sports treatments and rehabilitation Different treatment Different grades of injury Different phases of treatment Planning a clients rehabilitation programme



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	<ul style="list-style-type: none"> • Impact of training on cardiovascular system <p>Respiratory System</p> <ul style="list-style-type: none"> • Structure and function of the lungs • Respiratory Muscles • Tidal volume, breathing frequency and minute Ventilation • Impact of exercise on the Respiratory system <p>Energy System</p> <ul style="list-style-type: none"> • Three energy systems • Energy continuum • Recovery process for each energy system 		<ul style="list-style-type: none"> • Preparing the environment for sports/activity sessions • Assessing and minimising risks before sports/activity sessions • Appropriate safeguarding policies and procedures • Preparing participants for sport/activity sessions • Delivering warm-up activities which are appropriate for the participants and session • Delivering sport/activity sessions • Concluding coaching sessions • Reviewing sport/activity sessions 		
<p>Skills</p> <p><i>Procedural Knowledge</i></p> <p>–</p> <p><i>'Know How'</i></p>	<p>LO1: Understand the skeletal system in relation to exercise and physical activity</p> <p>LO2: Understand the muscular system in relation to exercise and physical activity</p> <p>LO3: Understand the cardiovascular system in relation to exercise and physical activity</p> <p>LO4: Understand the respiratory system in relation to exercise and physical activity</p> <p>LO5: Understand the different energy systems in relation to exercise and physical activity</p>	<p>LO1: Be able to apply skills, techniques and tactics in an individual sport</p> <p>LO2: Be able to apply skills, techniques and tactics in a team sport</p> <p>LO3: Be able to apply skills and knowledge in outdoor and adventurous activities</p> <p>LO4: Be able to officiate in sport and physical activity</p>	<p>LO1: Know the roles and responsibilities of sports coaches and activity leaders</p> <p>LO2: Understand the principles which underpin coaching and leadership</p> <p>LO3: Be able to use methods to improve skills, techniques and tactics in sport</p> <p>LO4: Be able to plan sports and activity sessions</p> <p>LO5: Be able to prepare sports and activity environments</p> <p>LO6: Be able to deliver sports and activity sessions</p> <p>LO7: Be able to review sports and activity sessions</p>	<p>LO1: Understand how sport in the UK is organised</p> <p>LO2: Understand sports development</p> <p>LO3: Understand how the impact of sports development can be measured</p> <p>LO4: Understand sports development in practice</p>	<p>LO1: Know common sports injuries and their effects</p> <p>LO2: Be able to minimise the risk of sports injuries</p> <p>LO3: Be able to respond to acute injuries when they occur</p> <p>LO4: Know the role of different agencies in the treatment and rehabilitation of sports injuries</p> <p>LO5: Be able to plan a rehabilitation programme for a specific sports injury</p>



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Sandringham School
"Everybody can be Somebody"

<p>Key Questions</p>	<p>What energy system would be used in high intensity exercise? What are the short term effects of exercise on the muscular systems Label the diagram of the skeletal / muscular system</p>	<p>What are the responsibilities of the official? What skills / techniques / tactics are required in your chosen sport(s)</p>	<p>What are the roles and responsibilities of a sports coach? Explain the principles of leadership. How would you measure improvement in a participant's skill? Evaluate your coaching session; what improvements would you make?</p>	<p>Name the organisations involved in sport in the UK. How do the different organisations interact with one another? What are the characteristics of sports development? Analyse the advantages and disadvantages of sports development.</p>	<p>What are the definitions of chronic and acute injury? What are the signs and symptoms of chronic and acute injuries? How can you minimise the risk of injury? What is an emergency action plan?</p>
<p>Assessment</p>	<p>Externally Assessed First sat in January Retakes sat in Summer</p>	<p>Assignment 1: Witness statement & video evidence Assignment 2: Witness statement & video evidence Assignment 3: Witness statement, video evidence & written report Assignment 4: Witness statement, video evidence & written report</p>	<p>Assignment 1: Written report Assignment 2: 6 written sports session plans Assignment 3: Witness statements for students delivery of sports sessions Assignment 4: Written report</p>	<p>Externally Assessed First sat in January Retakes sat in Summer</p>	<p>Assignment 1: Written report and presentation Assignment 2: Written report and video evidence Assignment 3: Written programme</p>
<p>Literacy/ Numeracy / SMSC/ Character</p>	<p>Interpreting data Developing an understanding of the world Interpreting questions Multiple Choice Questions Short answer questions Long answer questions Aspiration, Resilience, Confidence, Initiative.</p>	<p>Extended writing Communication Teamwork Presentation skills Aspiration, Resilience, Confidence, Initiative.</p>	<p>Extended writing Communication Teamwork Presentation skills Aspiration, Resilience, Confidence, Initiative.</p>	<p>Interpreting data Developing an understanding of the world Interpreting questions Multiple Choice Questions Short answer questions Long answer questions Aspiration, Resilience, Confidence, Initiative.</p>	<p>Extended writing Communication Presentation skills Aspiration, Resilience, Confidence, Initiative.</p>