

# CORE KNOWLEDGE

What I will know and understand  
by the end of Year 12



This year in BTEC Sport Diploma we will be learning:		This links to:	Key vocabulary:	
1	<u>Unit 1 - Anatomy and Physiology</u> <ul style="list-style-type: none"> <li>We will learn about body systems, structures, functions, characteristics, definitions and other additional factors affecting each body system.</li> <li>We will link these to short and long term effects of exercise and apply in sporting situations.</li> </ul>	Component 1 Understanding the body and the Supporting Technology for Sport and Activity. GCSE Biology Core PE lessons	Muscular, Skeletal, Cardiovascular, Respiratory, arthritis, osteoporosis, Agonist, Antagonist, Cramp, Asthma, SADS, Hypo/Hyperthermia, diabetes, ATP, lactate, aerobic.	
2	<u>Unit 1 - Anatomy and Physiology</u> <ul style="list-style-type: none"> <li>We will analyse sporting movements and how they respond to short &amp; long term exercise.</li> <li>We will evaluate and make connections on how the body systems are used and how they interrelate in order to carry out sporting movements</li> </ul>	Component 1 Understanding the body system during exercise GCSE Biology Core PE lessons	Tendon, ligament, pliability, microtears, hypertrophy, myoglobin, mitochondria, medulla oblongata, chemoreceptors, tidal volume, vital capacity, thermoregulation, phosphate, creatine, anaerobic.	
3	<u>Unit 1 - Anatomy and Physiology - Exam Jan 2022</u> <u>Unit 2 - Fitness Training, Programming for health and well being</u> <ul style="list-style-type: none"> <li>We Will demonstrate knowledge and understanding of the effects of lifestyle choices on an individual's health and well being. Analysing health monitoring tests.</li> <li>We will apply knowledge and understanding of lifestyle modifications and nutritional requirements.</li> </ul>	<u>Component 2:</u> The Principles of Training, Nutrition and Psychology for Sport and Activity Design & Technology: Food; Science and Health & Wellbeing from PSHE curriculum.	Lifestyle factors, barriers, normative, Blood pressure, heart rate, hip to waist ratio, BMI, basal metabolic rate, macronutrients, micronutrients, hydration, calories, isotonic,	
4	<u>Unit 2 - Fitness Training Programming for Health and Well Being.</u> <ul style="list-style-type: none"> <li>We will be able to understand the different fitness training methods and components . To be able to create and effective training programme with appropriate justification</li> <li>We will be able to evaluate the clients programme using the FITT, SMART AND SPORVA &amp; RR principles</li> </ul>	<u>Component 2:</u> The Principles of Training, Nutrition and Psychology for Sport and Activity Health Related Exercise lessons in the Fitness Suite from KS3 core PE. Fitness testing that you may already take part in at sports clubs and teams.	Continuous, fartlek, interval, plyometrics, weights, sets, reps, flexibility, hollow sprints, accelerative sprints, frequency, intensity, type, time, specificity, progressive overload, reversibility, variation, adaptation, periodisation.	
5	<u>Unit 2 - Fitness Training Programming for Health and Well Being. - Exam May 2022</u> <u>Unit 3 - Professional Development in the Sports Industry</u> <ul style="list-style-type: none"> <li>We will understand the career and job opportunities in the sports industry.</li> </ul>	Careers from PSHE curriculum Btec Enterprise - Job opportunities	Scope, provision, careers, profession training, legislations, CPD, safeguarding, specifications,	
6	<u>Unit 3 - Professional Development in the Sports Industry</u> <ul style="list-style-type: none"> <li>We will explore our own skills using a skills audit to inform a career development action plan.</li> </ul>	Btec Enterprise - Audit skills Careers from PSHE curriculum Work Experience - Year 10	Skills audit, careers, portfolio, SWOT, qualities, CDAP, employability, experience	
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1	<u>Unit 5 - Application of Fitness Testing</u> <ul style="list-style-type: none"> <li>We will be able to understand and apply the principles of fitness testing</li> </ul>	<b>Component 2: The Principles of Training, Nutrition and Psychology for Sport and Activity - Learning Aim A - Fitness tests and Principles of exercise</b>	Validity, reliability, practicality, suitability, ethical,			
2	<u>Unit 5 - Application of Fitness Testing</u> <ul style="list-style-type: none"> <li>We will explore fitness tests for different components of fitness</li> <li>We will undertake evaluation and feedback of fitness test results.</li> </ul>	<b>Component 2: The Principles of Training, Nutrition and Psychology for Sport and Activity - Fitness tests and components of fitness</b> <b>Unit 2 - Fitness Training, Programming for health and well being</b>	Aerobic; Endurance; Muscular; Flexibility; Strength; Power; Body Composition; Cooper; Sit Up; Press Up; Hand Grip Dynamometer; Sit & Reach; Sargent; Sprint; Interpret; Data;			
3	<u>Unit 25 - Rules, Regulations and Officiating</u> <ul style="list-style-type: none"> <li>We will understand the development of the roles and responsibilities of the officials involved in sport</li> </ul>	KSE/4 curriculum lessons, roles within develop rules and officiating skills. Leadership academy	Rules, regulations, laws, governing body, officials, technology, sponsorship, current issues, health and safety, fair play.			
4	<u>Unit 25 - Rules, Regulations and Officiating</u> <ul style="list-style-type: none"> <li>We will explore the performance of officials in a selected sport</li> <li>We will undertake the role of a match official in a competitive sport</li> </ul>	KSE/4 curriculum lessons, roles within develop rules and officiating skills. Leadership academy	Situations, decision making, communication, behaviour management, game control, SWOT, officiating, formative, summative, development plan.			
5	<u>Unit 23 - Skill Acquisition</u> <ul style="list-style-type: none"> <li>We will investigate the nature of skilled performance</li> <li>We will examine ways that sport performers process information for skilled performance</li> </ul>	Unit 7 - Practical Sport analysis of performance KS3/4 Core PE lessons skills and techniques developed.	Performance plateau, learning curves, fluency, motor, classification, nature, nurture, processing, perception, feedback,			
6	<u>Unit 23 - Skill Acquisition</u> <ul style="list-style-type: none"> <li>We will explore theories of teaching and learning in sport.</li> <li>We will carry out teaching and learning strategies for sports skills.</li> </ul>	Unit 7 - Practical Sport Unit 4 - Sports Leadership Component 3 -	Behaviourist, cognitive, associative, autonomous, generalisation, spectrum, kinaesthetic, guidance			
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This year in BTEC Sport Dip we will be learning:		This links to:	Key vocabulary:	
1	<u>Unit 3 - Professional Development in the Sports Industry</u> <ul style="list-style-type: none"> <li>We will undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway.</li> </ul>	Interview technique through PSHE curriculum. Work experience through PSHE curriculum.	Job applications, interview, career pathway, body language, professionalism, micro-teach, formal language, personal specification, Curriculum Vitae	
2	<u>Unit 3 - Professional Development in the Sports Industry</u> <ul style="list-style-type: none"> <li>We will reflect on the recruitment and selection process and your individual performance.</li> </ul>	Evaluation technique from Unit 5 Application to Fitness, SWOT analysis and development plan.	Communication, organisation, employability skills, strengths, weaknesses, opportunities, threats, appraisal.	
3	<u>Unit 4 Sports Leadership</u> <ul style="list-style-type: none"> <li>We will understand the roles, qualities and characteristics of an effective sports leader</li> </ul>	Leadership Academy supporting Trust primary competitions and Middlesbrough wide sports events. Core PE development of skills throughout lessons e.g observations and leading sessions.	Leadership roles, skills, qualities, characteristics, rapport building, collaborator, goal oriented, consistent, ethical, integrity.	
4	<u>Unit 4 Sports Leadership</u> <ul style="list-style-type: none"> <li>We will examine the importance of psychological factors and their link with effective leadership</li> </ul>	Component 2 - Learning Aim A - Psychological factors and benefits to exercise. Leadership Academy Core PE development of skills throughout lessons e.g observations and leading sessions.	Social loafing, cohesion, Ringelmann effect, personalities, arousal, self esteem, situational, transformational, transactional.	
5	<u>Unit 4 Sports Leadership</u> <ul style="list-style-type: none"> <li>We will explore an effective leadership style when leading a team during sport and exercise activities.</li> </ul>	<b>Component 3: Applying the Principles of Sport and Activity</b> Leadership Academy Core PE development of skills throughout lessons e.g observations and leading sessions.	Autocratic, democratic, laissez faire, paternalistic, inspires, patient, passionate, specific, measureable, achievable, realistic, timebound,	
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This year in BTEC Sport Dip we will be learning:		This links to:	Key vocabulary:	
1	<p><u>Unit 22 - Investigating Business in the Sport and Active Leisure industry</u></p> <ul style="list-style-type: none"> <li>We will demonstrate knowledge and understanding of sport and active leisure business operations and how to respond to trends and internal and external influences</li> <li>Analyse and interpret business information and data, and their potential impact and influence on a sport and active leisure business</li> </ul>	<p>A Level Business Unit 5 - Application of Fitness - Data interpretation <u>Component 1</u>: Understand the Body and the Supporting Technology for Sport and Activity - Learning Aim C Trends in sport</p>	<p>Sole trader, private, public, voluntary, cooperative, local authority, profits, diversification, provision, facilities, provisions, demographic, equality, safeguarding, diversity, legislation, SWOT, PESTLE</p>	
2	<p><u>Unit 22 - Investigating Business in the Sport and Active Leisure industry</u></p> <ul style="list-style-type: none"> <li>We will evaluate evidence to make informed judgements on how a sport and active leisure business should be developed, diversified or adapted</li> <li>We will be able to make justified recommendations for a sport and active leisure business, synthesising ideas and evidence from several sources to support arguments</li> </ul>	<p>Btec Enterprise - Marketing Mix A Level Business <u>Component 1</u>: Understand the Body and the Supporting Technology for Sport and Activity - Learning Aim C Technology in Sport</p>	<p>Roles, responsibilities, specifications, human resource, physical resource, product, price, promotion, place, people, process, physical environment, finance, trends, technology</p>	
3	<p><u>Unit 22 - Investigating Business in the Sport and Active Leisure industry - Exam Jan 2022</u> <u>Unit 7 Practical Sport</u></p> <ul style="list-style-type: none"> <li>We will examine National Governing Body rules/laws and regulations for selected sports competitions</li> <li>We will examine the skills, techniques and tactics required to perform in selected sports</li> </ul>	<p>Unit 25 - Rules, regulations and officiating. KS3/4 - Core PE lessons skills and techniques learnt via a variety of sports Unit 23 - Skill Acquisition</p>	<p>Rules, laws, regulations, unwritten rules, officials, roles, competition, technology, skills, techniques, technical, tactical, continuous, serial, discrete, attacking, defending.</p>	
4	<p><u>Unit 7 Practical Sport</u></p> <ul style="list-style-type: none"> <li>We will develop skills, techniques and tactics for sporting activity in order to meet sport aims</li> </ul>	<p>KS3/4 - Core PE lessons skills and techniques learnt via a variety of sports. Unit 5 - Application of Fitness Unit 23 - Skill Acquisition</p>	<p>Isolated, conditioned, competitive, application, decision making, under pressure, national governing body (NGB).</p>	
5	<p><u>Unit 7 Practical Sport</u></p> <ul style="list-style-type: none"> <li>We will reflect on own practical performance using selected assessment methods.</li> </ul>	<p>KS3/4 - Core PE lessons analysis of performance from assessment lessons. Unit 25 - Rules, Regulations and Officiating analysis of performance model.</p>	<p>Strengths, weaknesses, opportunities, threats, testing, interviews, observations, objective data, aims, objectives, specific, measurable, achievable, realistic, timebound,</p>	
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