

CORE KNOWLEDGE

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



This year in BTEC Sport Ext Cert we will be learning:		This links to:	Key vocabulary:	
1	<u>Unit 1 - Anatomy and Physiology</u> <ul style="list-style-type: none"> We will learn about body systems, structures, functions, characteristics, definitions and other additional factors affecting each body system. We will link these to short and long term effects of exercise and apply in sporting situations. 	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"> We will analyse sporting movements and how they respond to short & long term exercise. We will evaluate and make connections on how the body systems are used and how they interrelate in order to carry out sporting movements 	Component 1 Understanding the body system during exercise GCSE Biology Core PE lessons	Tendon, ligament, pliability, microtears, hypertrophy, myoglobin, mitochondri, 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"> We Will demonstrate knowledge and understanding of the effects of lifestyle choices on an individual's health and well being. Analysing health monitoring tests. We will apply knowledge and understanding of lifestyle modifications and nutritional requirements. 	<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"> We will be able to understand the different fitness training methods and components . To be able to a create and effective training programme with appropriate justification We will be able to evaluate the clients programme using the FITT, SMART AND SPORVA & RR principles 	<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, typ, time, specificity, progressive overload, reversibility, variation, adaption, 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"> We will understand the career and job opportunities in the sports industry. 	Careers from PSHE curriculum Btec Enterprise	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"> We will explore our own skills using a skills audit to inform a career development action plan. 	Work experience from PSHE curriculum.	Skills audit, careers, portfolio, SWOT, qualities, CDAP, employability, experience	
Target Grade		AP1	AP2	AP3

CORE KNOWLEDGE

What I will know and understand
by the end of Year 13



This year in BTEC Sport Ext Cert 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"> We will undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway. 	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"> We will reflect on the recruitment and selection process and your individual performance. 	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"> We will understand the roles, qualities and characteristics of an effective sports leader. 	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"> We will examine the importance of psychological factors and their link with effective leadership 	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"> We will explore an effective leadership style when leading a team during sport and exercise activities. 	<u>Component 3: Applying the Principles of Sport and Activity</u> Leadership Academy Core PE development of skills throughout lessons e.g observations and leading sessions.	Autocratic, democratic, laissez faire, paternalistic, inspires, patient, passionate, SMARTER	
Target Grade		AP1	AP2	AP3