

Physical Education – BTEC Sport Extended Certificate

YEAR 12 CURRICULUM INFORMATION

'Building knowledge, understanding, memory and performance.'

	Summer 1	Summer 2
<p>What will students be learning?</p>	<p><u>Unit 1:</u></p> <p>Demonstrate knowledge of body systems, structures, functions, characteristics, definitions affecting each body system</p> <p>Demonstrate understanding of each body system, the short- and long-term effects of sport and exercise on each system and factors that can affect body systems in relation to exercise and sport performance.</p> <p>Analyses exercise and sports movements, how the body responds to short term and long-term exercise and other factors affecting the body system.</p> <p>Evaluate how body systems are used and how they interrelate to carry out exercise and sporting movements.</p> <p>Make connections between body systems in response to short-term and long-term exercise and sport participation. Make connections between muscular and all other systems, cardiovascular. and respiratory systems, energy, and cardiovascular systems</p> <p><u>Unit 6</u></p> <p>Know more: Designing a psychological skills training programme for a performer – students will use prior knowledge from summer 1 to design and implement a skills training programme for their selected novice performer.</p> <p>Understand and remember more: Students will be able to identify the appropriate psychological skills for a novice performer & compared to an elite performer.</p> <p>Be able to do more: Devise a training programme to be improve a performers psychological skills set and support the programme with up-to-date research in psychological skills.</p>	<p><u>Unit 1:</u></p> <p>Demonstrate knowledge of body systems, structures, functions, characteristics, definitions affecting each body system</p> <p>Demonstrate understanding of each body system, the short- and long-term effects of sport and exercise on each system and factors that can affect body systems in relation to exercise and sport performance.</p> <p>Analyses exercise and sports movements, how the body responds to short term and long-term exercise and other factors affecting the body system.</p> <p>Evaluate how body systems are used and how they interrelate to carry out exercise and sporting movements.</p> <p>Make connections between body systems in response to short-term and long-term exercise and sport participation. Make connections between muscular and all other systems, cardiovascular. and respiratory systems, energy, and cardiovascular systems</p> <p><u>Unit 6</u></p> <p>Know more: Designing a psychological skills training programme for a performer – students will use prior knowledge from summer 1 to design and implement a skills training programme for their selected novice performer.</p> <p>Understand and remember more: Students will be able to identify the appropriate psychological skills for a novice performer & compared to an elite performer.</p> <p>Be able to do more: Devise a training programme to be improve a performers psychological skills set and support the programme with up-to-date research in psychological skills.</p>

<p>How will students be assessed?</p>	<p>Unit 1: Mini homework tasks set for each topic area. Mini milestones Exam practise style questions within the lesson 80-mark exam paper over 90 minutes.</p> <p>Unit 6: Mini homework tasks set for each topic area. 2 milestones</p>		<p>Unit 1: Mini homework tasks set for each topic area. Mini milestones Exam practise style questions within the lesson 80-mark exam paper over 90 minutes.</p> <p>Unit 6: Mini homework tasks set for each topic area. Assignment C Final</p>	
<p>Literacy – What keywords will be taught?</p>	<p>Unit 1:</p> <ul style="list-style-type: none"> • Skeletal System • Joints • Muscular System • Antagonistic Muscle pair • Contraction • Respiratory System • Lung volumes • Cardiovascular System • Cardiac Cycle • Energy Systems • ATP (Adenosine Triphosphate) • ATP-PC • Lactate system • Aerobic System • Hypoglycaemic Attack 	<p>Unit 6</p> <ul style="list-style-type: none"> • Psychological • Arousal • Autogenic training • Hypnosis • Kinaesthetic • Energising techniques • Aims and objectives. • Key milestones • Imagery • Arousal control techniques • Strengthens and weaknesses. • Performance enhancement 	<p>Unit 1:</p> <ul style="list-style-type: none"> • Skeletal System • Joints • Muscular System • Antagonistic Muscle pair • Contraction • Respiratory System • Lung volumes • Cardiovascular System • Cardiac Cycle • Energy Systems • ATP (Adenosine Triphosphate) • ATP-PC • Lactate system • Aerobic System • Hypoglycaemic Attack 	<p>Unit 6</p> <ul style="list-style-type: none"> • Psychological • Arousal • Autogenic training • Hypnosis • Kinaesthetic • Energising techniques • Aims and objectives. • Key milestones • Imagery • Arousal control techniques • Strengthens and weaknesses. • Performance enhancement
<p>What employability skills are being developed?</p>	<p>Unit 1</p> <p>Analytical skills</p> <ul style="list-style-type: none"> • Time management • Literacy skills • interpersonal skills: self-management, adaptability and resilience, self-monitoring, and development • Evaluative skills 		<p>Unit 1</p> <p>Analytical skills</p> <ul style="list-style-type: none"> • Time management • Literacy skills • interpersonal skills: self-management, adaptability and resilience, self-monitoring, and development • Evaluative skills 	

	<p><u>Unit 6</u></p> <ul style="list-style-type: none"> • Goal setting • evaluations skills • Literacy skills • Independent learning – sourcing information research skills. • Adhering to time frames • Setting action plans • Identifying strengths and weaknesses in performance own and others • Constructive feedback • Working with people – interpersonal skills • Communication 	<p><u>Unit 6</u></p> <ul style="list-style-type: none"> • Goal setting • evaluations skills • Literacy skills • Independent learning – sourcing information research skills. • Adhering to time frames • Setting action plans • Identifying strengths and weaknesses in performance own and others • Constructive feedback • Working with people – interpersonal skills • Communication
<p>Wider Curriculum Links?</p>	<p><u>Unit 1</u> Science – Skeletal, muscular systems, respiratory and cardiovascular system English – Paragraphing, sentence structure and SPAG</p> <p><u>Unit 6</u> Psychology – Arousal levels, motivation and self confidence English – Essay format, structure of paragraphing. Introduction. Main and conclusion. SPaG throughout writing. Maths – problem solving, sports profile wheel, gathering information (questionnaires)</p>	<p><u>Unit 1</u> Science – Skeletal, muscular systems, respiratory and cardiovascular system English – Paragraphing, sentence structure and SPAG</p> <p><u>Unit 6</u> Psychology – Arousal levels, motivation and self confidence English – Essay format, structure of paragraphing. Introduction. Main and conclusion. Spag throughout writing. Maths – problem solving, sports profile wheel, gathering information (questionnaires)</p>
<p>What useful websites are there for this topic?</p>	<p><u>Unit 1:</u></p> <p>https://www.pe4learning.com/blog/planet-pe/ https://www.youtube.com/c/PlanetPEgcsepe/videos</p> <p>Podcast – https://open.spotify.com/show/2ZkUX21dB9lExSgljA5KB9</p> <p>A Level PE Applied Anatomy & Physiology – TeachPE.com</p> <p><u>Unit 6</u></p>	<p><u>Unit 1:</u></p> <p>https://www.pe4learning.com/blog/planet-pe/ https://www.youtube.com/c/PlanetPEgcsepe/videos</p> <p>Podcast – https://open.spotify.com/show/2ZkUX21dB9lExSgljA5KB9</p> <p>A Level PE Applied Anatomy & Physiology – TeachPE.com</p> <p><u>Unit 6</u></p>

	<p>Scientific Benefits of Visualization for Athletes - YouTube The Athletes Mental Performance (BBC) - YouTube</p> <p>Sport Psychology Podcasts Sports Psychology Articles (peaksports.com)</p> <p>Olympic Athletes - Mental Imagery - Before The Snowboard Cross Gates Open - Alex Deibold - YouTube</p> <p>Routines in Sport - YouTube</p> <p>Sport Psychology Podcasts Sports Psychology Articles (peaksports.com)</p>	<p>Scientific Benefits of Visualization for Athletes - YouTube The Athletes Mental Performance (BBC) - YouTube</p> <p>Sport Psychology Podcasts Sports Psychology Articles (peaksports.com)</p> <p>Olympic Athletes - Mental Imagery - Before The Snowboard Cross Gates Open - Alex Deibold - YouTube</p> <p>Routines in Sport - YouTube</p> <p>Sport Psychology Podcasts Sports Psychology Articles (peaksports.com)</p>
<p>What wider reading could be done for this topic?</p>	<p><u>Unit 1</u> Pearson BTEC National sport student book 1 – ISBN 978-1-292-13400-0</p> <p><u>Unit 6</u> Pearson BTEC National sport student book 1 – ISBN 978-1-292-13400-0</p>	<p><u>Unit 1</u> Pearson BTEC National sport student book 1 – ISBN 978-1-292-13400-0</p> <p><u>Unit 6</u> Pearson BTEC National sport student book 1 – ISBN 978-1-292-13400-0</p>
<p>What else can students be doing independently to develop their understanding of this topic?</p>	<p><u>Unit 1:</u> Listen to sport science podcasts. Watch YouTube videos of professional sport scientist professionals.</p> <p><u>Unit 6</u> Watch a local team to observe the group dynamics, identify strengths and weaknesses of the performer. 20 Best Sports Psychology Podcasts You Must Follow in 2023 (feedspot.com)</p> <p>Research Psychological training programmes. Look at how they structure the training programme, can you relate to your programme.</p>	<p><u>Unit 1:</u> Listen to sport science podcasts. Watch YouTube videos of professional sport scientist professionals.</p> <p><u>Unit 6</u> Watch a local team to observe the group dynamics, identify strengths and weaknesses of the performer. 20 Best Sports Psychology Podcasts You Must Follow in 2023 (feedspot.com)</p> <p>Research Psychological training programmes. Look at how they structure the training programme, can you relate to your programme.</p>