

Physical Education
Year 12 BTEC sport curriculum map



Year 12	T1	T2	T3	T4	T5	T6
Content / Topic for Term	Induction lesson					
	Component 1: Anatomy and physiology					
	Learning Aim A and B: <ul style="list-style-type: none"> the effects of exercise sports performance on the skeletal and muscular system 	Learning Aim C, D and E: <ul style="list-style-type: none"> the effects of exercise and sports performance on the respiratory, cardiac and energy system 	Learning Aim A and B: <ul style="list-style-type: none"> Understand the career and job opportunities in the sports industry Explore own skills audit to inform a career development action plan	Learning Aim C: <ul style="list-style-type: none"> undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway Learning Aim D: <ul style="list-style-type: none"> reflect on the recruitment and selection process and your individual performance 		
Key Knowledge for acquisition, recall and application in assessment or exam	Unit 1 A1 – Structure of the skeletal system <ul style="list-style-type: none"> major bones, types, areas and bone growth A2 – Functions of the skeleton <ul style="list-style-type: none"> support, posture, attachment, 	Unit 1 C1 – Structure and intercostal muscles C2 – Function C3 – Lung volumes <ul style="list-style-type: none"> tidal, vital, residual, total VE 	Unit 1 Exam – beginning January Unit 3 A1 – Scope and provision of the sports industry	Unit 3 Controlled assessment All knowledge from Learning Aim A and Learning Aim B	Unit 3 C1 – Job applications C2 – Interviews and selected career pathway <ul style="list-style-type: none"> specific skills D1 – Review and evaluation	Unit 3 Controlled assessment All knowledge from Learning Aim C and Learning Aim D

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	<p>leverage, friction, production of RBC</p> <p>A3 - Joints</p> <ul style="list-style-type: none"> • upper, lower, classification and synovial <p>A4, A5, A6 – Responses and adaptations and factors</p> <ul style="list-style-type: none"> • mineral uptake, bone strength <p>B1 – Functions of muscles</p> <ul style="list-style-type: none"> • cardiac, skeletal and smooth <p>B2 - Location of major muscles</p> <ul style="list-style-type: none"> • upper and lower body <p>B3 – Antagonistic pairs</p> <ul style="list-style-type: none"> • agonist, antagonist, 	<p>C4 – Control of breathing</p> <ul style="list-style-type: none"> • Neural and chemical <p>C5, C6 – Responses and adaptations</p> <p>D1 – Structure of the CV system</p> <p>D2 – Function of the CV system</p> <ul style="list-style-type: none"> • Clot, thermoregulation, infection <p>D3 – Nervous control</p> <ul style="list-style-type: none"> • SAN, AVN, bundle of his <p>D4, D5 – Responses and adaptations</p> <p>E1 – Role of the ATP in exercise</p> <p>E2 – The ATP</p>	<p>A2 – Careers and jobs in the sports industry</p> <p>A3 – Professional training routes, legislation, skills in the sports industry</p> <p>B1 – Personal skills audit for potential careers</p> <p>B2 – Planning personal development towards a career in the sports industry</p> <p>B3 – Maintaining a personal portfolio/record of achievement and experience</p>		<p>D2 – Updated SWOT and action plan</p>	
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	<p>synergist and fixator</p> <p>B4 – Types on contractions</p> <ul style="list-style-type: none"> isometric, concentric and eccentric <p>B5 – Fibre types</p> <p>B6, B7 – Responses and adaptations</p>	<ul style="list-style-type: none"> PC system in exercise <p>E3 – Lactate system in sport</p> <ul style="list-style-type: none"> anaerobic, recovery time <p>E4 – Aerobic system</p> <p>E5 - Adaptations</p>				
Key skills to apply in assessment or exam	<ul style="list-style-type: none"> Describe Explain Analyse Evaluate Discuss Interpret Identify Give State 			<ul style="list-style-type: none"> Explain Describe Justify Evaluate 		
Title of Knowledge Organiser	<p>A – Skeletal</p> <p>B – Muscular</p>	<p>C – Respiratory</p> <p>D – Cardiovascular</p>	Learning Aim A and B knowledge organisers		Learning Aim C and D knowledge organisers	

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	A 3 – Knowledge organisers	E – Energy A3 – Knowledge organisers				
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