BTEC PE Unit Overview Year 12

It is our intent in PE to create an inclusive curriculum that provides students with opportunities to succeed in sport and physical activity, providing knowledge and understanding of how to lead a healthy active lifestyle throughout adulthood and to provide a love of learning that inspires a lifelong involvement in sport and physical activity.

Pupils are given the opportunity to excel within a broad curriculum with a focus on improving their motor competence (in warm-ups; skills within lessons – passing etc), knowledge of rules, tactics and strategies while engaging in healthy participation.

The sequencing of our curriculum across KS3 provides opportunities for students to build their confidence, communication, resilience, and leadership skills in the broad number of sports that are offered, and skills that are learnt are transferrable across the different sports. These skills are built upon from year 7 to year 9 where more tactical based skills are learnt alongside the more technical skills.

In year 9, students are also provided with theory knowledge, which not only gives them an understanding of the topics in GCSE PE but also provides them with them with knowledge that they can use in later life with regards to their health and physical resilience.

The knowledge and skills that are learnt both theoretically and physically are continued into GCSE PE and BTEC Sport where the depth and breadth of knowledge is increased throughout KS4 and KS5.

Physical Education – Year 12 Btec Sport Term 1				
What are we learning?	**Our Intention - What knowledge, understanding and skills will we gain?**	**Evaluation and Assessment Methods**	**Implementation**	**What additional resources are available?**

Unit 1 Skeletal System Muscular System Unit 2 Lifestyle Factors Screening Processes for Training Programming	Knowledge Structure of the skeleton Types of bone The spine and vertebral column Functions of the skeletal system Joints Muscle groups Antagonistic muscle pairs Skeletal muscle contraction Fibre types Positive lifestyle factors and their effect on health and well-being Healthy diet Negative lifestyle factors and their effects on health Lifestyle modification techniques Screening processes Health monitoring tests Understanding How bones and muscles work together to cause movement How different sports require different body types How diet can be manipulated by athletes to improve endurance (carbohydrate loading) and aid recovery (timing protein intake)	Demonstrating exceptional independence on all topics, supported by independent research. Explaining the relationship between both the skeletal and muscular systems and the effects they have on performance. Explaining both the short and long-term effects of sport and exercise on both body systems. Be able to evaluate and make connections between body systems in response to short and long-term exercise and sport participation	Students that have studied GCSE PE will have a good base level of knowledge and understanding to build upon. The curriculum delivered through Years 9-11 will help prepare them for the course and give a good basic understanding of the main topics covered. The Science curriculum will also help to contribute to this level of learning and give them a basic understanding of the anatomy and physiology sections. GCSE PE students will have covered all topics in this area before, and will be ready to expand their knowledge of the more indepth approach within Btec.	Btec Sport textbook Online resources Revise Edexcel GCSE (9-1) Physical Education revision guide BBC Bitesize

	The effects of dehydration on health and performance How lifestyles influence sporting performance Skills Analyse performance in relation muscle fibres and BMI Identify long-term adaptations in muscles in relation to exercise Analyse diet and other lifestyle choices against NHS guidelines and make suitable recommendations to improve.			

Physical Education – Year 12 Btec Sport Term 2				
What are we learning?	**Our Intention - What knowledge, understanding and skills will we gain?**	**Evaluation and Assessment Methods**	**Implementation**	**What additional resources are available?**

Unit 1 Respiratory System Cardiovascular System Unit 2 Programme related Nutritional Needs Training Methods	Knowledge Structure and functions of the respiratory system Mechanisms of breathing Structure of the cardiovascular system Functions of the cardiovascular system Nervous control of the cardiac cycle Adaptations of the cardiovascular system due to exercise Components of a balanced diet Macro and micro-nutrients Components of fitness Training methods Understanding How the respiratory system affects sporting performance How the cardiovascular system affects sporting performance How both systems work together effectively to enable performance How a balanced diet affects performance How different components of fitness and more important in some sports than others How to specifically train these areas of fitness Skills Create a training programme for a performer's specific needs Make suitable recommendations to improve an athlete's diet to improve performance	Demonstrating exceptional independence on all topics, supported by independent research. Explaining the relationship between both the respiratory and cardiovascular systems and the effects they have on performance. Explaining both the short and long-term effects of sport and exercise on both body systems. Be able to evaluate and make connections between body systems in response to short and long-term exercise and sport participation Justify how a training programme can be suited to a specific performer	Students that have studied GCSE PE will have a good base level of knowledge and understanding to build upon. The curriculum delivered through Years 9-11 will help prepare them for the course and give a good basic understanding of the main topics covered. The Science curriculum will also help to contribute to this level of learning and give them a basic understanding of the anatomy and physiology sections. GCSE PE students will have covered all topics in this area before and will be ready to expand their knowledge of the more in-depth approach within Btec.	Btec Sport textbook Online resources Revise Edexcel GCSE (9-1) Physical Education revision guide BBC Bitesize
Physical Education – Year 12 Btec Sport Term 3				

What are we learning?	Our Intention - What knowledge, understanding and skills will we gain?	Evaluation and Assessment Methods	Implementation	What additional resources are available?
Unit 1 Effects of Exercise and Sports Performance on the Energy Systems Exam Preparation Unit 2 Training Programme Design Exam Preparation Unit 3 Career and Job Opportunities in the Sports Industry Unit 6 How Personality, Motivation and Competitive Pressure can affect Sport Performance	Knowledge: The role of ATP in exercise; the aerobic system; adaptations of the energy systems to exercise; additional factors affecting the energy systems; principles of fitness training; periodisation; scope and provision of the sports industry; careers and jobs in the sports industry; sectors in the sports industry; types of employment; professional training routes; job descriptions; CPD; work regulations; personality traits; social learning theory; motivational factors; arousal; attentional focus; stress; anxiety Understanding: What ATP is and how it works within sport How the aerobic system works within sport SMART goals and how to set them How to use the principles of training effectively when designing a training plan How the exams work for both units. (Unit 1 is a standard exam; Unit 2 includes a scenario where information is given 2 weeks prior to the exam. During this two-week period, notes can be made to take in and assist in the final exam) What jobs are available within the sporting sector What training is needed to achieve a specific job What different types of training are available to employees How different psychological factors can affect sporting performance Skills Create a training programme for a performer's specific needs whilst incorporating the principles of training How to apply for a job What qualifications are needed in order to follow a set target or goal.	Demonstrating exceptional independence on all topics, supported by independent research. Justify how a training programme can be suited to a specific performer. Explaining how the ATP system works and affects performance. Explaining how a training plan is created and developed to suit a performer. Explaining the importance of periodisation and how this affects training Excellent retention of information ahead of exam period.	Learning throughout the previous two terms will contribute to the exam section undertaken during this term. Knowledge will need to be revised and embedded ahead of exams.	Btec Sport textbook Online resources Revise Edexcel GCSE (9-1) Physical Education revision guide BBC Bitesize