

### Year 13 BTEC NATIONAL EXTENDED CERTIFICATE IN SPORT UNIT 1 LTP

<b>Rationale with endpoints:</b> Learners will explore the structure of the skeletal, muscular, cardiovascular, respiratory and energy systems as well as additional factors which affect sport and exercise performance. They will gain a full appreciation of how the body is able to take part in sport and exercise through understanding the interrelationships between these body systems				
Term	Topic	Knowledge	Skills	Reading /wider reading
<b>Autumn 1</b>	<p><b>A1/A2:</b> Structure and function of skeletal system</p> <p><b>A3:</b> Joints</p> <p><b>A4:</b> Responses of the skeletal system to a single sport or exercise session</p> <p><b>A5:</b> Adaptations of the skeletal system to exercise</p> <p><b>A6:</b> Additional factors affecting the skeletal system</p> <p><b>B1</b> Characteristics and functions of different types of muscles</p>	<ul style="list-style-type: none"> <li>• Understand how the bones and the functions of the skeleton are used in sporting techniques and actions.</li> <li>• Understand how joints of the upper and lower skeleton are used in sporting techniques and actions.</li> <li>• The impact of long-term effects of exercise on sports performance.</li> <li>• Understand the impact of the skeletal system on exercise and sports performance and the impact of exercise and sports performance on the skeletal system.</li> <li>• Understand different types of muscles and their use in sport.</li> </ul>	<ul style="list-style-type: none"> <li>• Independent enquiry; self-management; reflective learners; team work</li> <li>• ICT – Knowledge organisers; Numeracy: number of bones and joints in the body</li> </ul> <p><b>Writing genre: end of topic test Exam practice</b></p> <p><b>Complex activity: answering exam style questions linked to theory for end of topic test</b></p>	<p><b>Pearson’s BTEC National Sport Student Book 1:</b> pages 4-19</p> <p><b>BTEC National Revision Guide 2<sup>nd</sup> Ed.:</b> pages 1-13</p> <p>Internet and GC resources</p>
<b>Autumn 2</b>	<p><b>B2:</b> Major skeletal muscles of the muscular system</p> <p><b>B3:</b> Antagonistic muscle pairs</p>	<ul style="list-style-type: none"> <li>• Major skeletal muscles and their combined use in a range of sporting actions.</li> <li>• Movement of muscles in antagonistic pairs and their</li> </ul>	<ul style="list-style-type: none"> <li>• Independent enquiry; self-management; reflective learners; creative thinkers; team work</li> </ul>	<p><b>Pearson’s BTEC National Sport Student Book 1:</b> 19-31</p> <p><b>BTEC National Revision Guide 2<sup>nd</sup> Ed.:</b> pages 14-23</p>

	<p><b>B4:</b> Types of skeletal muscle contraction  <b>B5:</b> Fibre types  <b>B6:</b> Responses of the muscular system to a single sport or exercise session  <b>B7:</b> Adaptations of the muscular system to exercise  <b>B8:</b> Additional factors affecting the muscular system</p> <p><b>C1/C2:</b> Structure and function of the respiratory system</p>	<p>use in a variety of sporting actions.</p> <ul style="list-style-type: none"> <li>• Understand skeletal muscle contraction in different sporting actions.</li> <li>• Understand fibre type recruitment during exercise and sports performance.</li> <li>• The impact of adaptation of the system on exercise and sports performance.</li> <li>• Understand additional factors affecting the muscular system and their impact on exercise and sports performance.</li> <li>• Understand the function of the respiratory system in response to exercise and sports performance.</li> </ul>	<ul style="list-style-type: none"> <li>• ICT – Knowledge organisers; Numeracy: number of muscles have to learn; 3 types of contraction and 3 muscle fibre types</li> </ul> <p><b>Writing genre:</b> end of topic test Exam practice</p> <p><b>Complex activity:</b> answering exam style questions linked to theory for end of topic test and relating to sporting examples</p>	<p>Internet and GC resources</p>
<p>Spring 1</p>	<p><b>C3:</b> Lung volumes  <b>C4:</b> Control of breathing  <b>C5:</b> Responses of the respiratory system to a single sport or exercise session  <b>C6:</b> Adaptations of the respiratory system to exercise  <b>C7:</b> Additional factors affecting the respiratory system</p>	<ul style="list-style-type: none"> <li>• Understand the lung volumes and the changes that occur in response to exercise and sports performance.</li> <li>• Understand how breathing rate is controlled in response to exercise and sports performance.</li> <li>• The impact of adaptation of the system on exercise and sports performance.</li> </ul>	<p>Independent enquiry; self-management; reflective learners; creative thinkers</p> <p><b>Writing genre:</b> end of topic test Exam practice</p> <p><b>Complex activity:</b> Past paper covering Topics A-C; understanding how to answer/structure the higher order 6 mark questions</p>	<p><b>Pearson's BTEC National Sport Student Book 1:</b> 31-42</p> <p><b>BTEC National Revision Guide 2<sup>nd</sup> Ed.:</b> pages 24-30</p> <p>Internet and GC resources</p>

	<p><b>D1/D2:</b> 1 Structure and function of the cardiovascular system</p>	<ul style="list-style-type: none"> <li>• Understand additional factors affecting the respiratory system and their impact on exercise and sports performance.</li> <li>• Understand the function of the cardiovascular system in response to exercise and sports performance.</li> </ul>		
<p><b>Spring 2</b></p>	<p><b>D3:</b> Nervous control of the cardiac cycle  <b>D4:</b> Responses of the cardiovascular system to a single sport or exercise session  <b>D5:</b> Adaptations of the cardiovascular system to exercise.  <b>D6:</b> Additional factors affecting the cardiovascular system.  <b>E1:</b> The role of ATP in exercise  <b>E2-E4:</b> The ATP-PC, Lactate and Aerobic systems in exercise and sports performance</p>	<ul style="list-style-type: none"> <li>• Understand the control of the cardiac cycle and how it changes during exercise and sports performance.</li> <li>• The impact of adaptation of the system on exercise and sports performance.</li> <li>• Understand additional factors affecting the cardiovascular system and their impact on exercise and sports performance.</li> <li>• Understand the role of adenosine triphosphate (ATP) for muscle contraction for exercise and sports performance.</li> <li>• Understand the role of the ATP-PC, lactate and aerobic systems in energy production for exercise and sports performance.</li> </ul>	<ul style="list-style-type: none"> <li>• Independent enquiry; self-management; reflective learners</li> </ul> <p><b>Writing genre:</b> end of topic test  <b>Exam practice</b></p> <p><b>Complex activity:</b> Three past papers covering Topics D</p>	<p><b>Pearson's BTEC National Sport Student Book 1:</b> 43-52</p> <p><b>BTEC National Revision Guide 2<sup>nd</sup> Ed.:</b> pages 31-38</p> <p>Internet and GC resources</p>

<p><b>Summer 1</b></p>	<p><b>E5:</b> Adaptations of the energy system to exercise  <b>E6:</b> Additional factors affecting the energy systems</p> <p><b>Revision and Exam Start of UNIT 2 after Exam</b>  <b>A1:</b> Positive lifestyle factors and their effects on health and well-being</p>	<ul style="list-style-type: none"> <li>• The impact of adaptation of the systems on exercise and sports performance</li> <li>• Understand additional factors affecting the energy systems and their impact on exercise and sports performance.</li> <li>• Understand the importance of lifestyle factors in the maintenance of health and well-being.</li> </ul>	<ul style="list-style-type: none"> <li>• Self-management; reflective learners</li> </ul> <p><b>Writing genre: end of UNIT test</b></p> <p><b>Complex activity: full paper with 8 mark extended answers questions</b></p> <ul style="list-style-type: none"> <li>• ICT – Knowledge organisers; scaffolding exam practice table</li> <li>• Numeracy – health data using Government Guidelines; percentage of fats/carbohydrates and protein; calorie intake; grams of fruit; mg of vitamins; litres of water; timing of meals</li> </ul>	<p><b>Pearson’s BTEC National Sport Student Book 1:</b> pages 53-54</p> <p><b>BTEC National Revision Guide 2<sup>nd</sup> Ed.:</b> pages 39-40</p> <p>Internet and GC resources</p> <p><b>Pearson’s BTEC National Sport Student Book 1:</b> pages 61-68</p> <p><b>BTEC National Revision Guide 2<sup>nd</sup> Ed.:</b> pages 44-45</p>
<p><b>Summer 2</b></p>	<p><b>A2:</b> Negative lifestyle factors and their effects on health and well-being  <b>A3:</b> Lifestyle modification techniques  <b>B1:</b> Screening Processes  <b>B2:</b> Health monitoring tests</p>	<ul style="list-style-type: none"> <li>• Understand the factors contributing to an unhealthy lifestyle.</li> <li>• Understand how lifestyle modification techniques can be used to reduce unhealthy lifestyle behaviours.</li> <li>• Interpret the lifestyle of a selected individual using appropriate screening documentation, and know</li> </ul>	<ul style="list-style-type: none"> <li>• Independent enquiry; self-management; reflective learners</li> <li>• Numeracy – normative data; time; cost; PAR-Q</li> <li>• ICT – Knowledge organisers; scaffolding exam practice table</li> <li>•</li> </ul>	<p><b>Pearson’s BTEC National Sport Student Book 1:</b> pages 69-79</p> <p><b>BTEC National Revision Guide 2<sup>nd</sup> Ed.:</b> pages 46-53</p> <p>Internet and GC resources</p>

		<p>when to refer the individual to a doctor.</p> <ul style="list-style-type: none"><li>• Interpret health monitoring results of a selected individual using normative data and make appropriate recommendations</li></ul>		
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