



MAGHULL HIGH SCHOOL – CURRICULUM MAP

HALF TERM 5 April-May	Theory Lessons (3 lessons over 2 week timetable) 9 lessons	Practical Lessons 6 lessons
Component 2 Exam	<p>Objective: Component 2- The principles of training, nutrition and psychology for sport and activity. A1- Interpreting fitness data in relation to sport and activity Learners will be introduced to the exam based content of the course. Learners will understand how to interpret fitness test scores and compare them to normative data. Learners will understand how a participant's fitness test score impacts their ability to take part in sport. Learners will gain an understanding of the different components of fitness and their definitions. They also will explore the fitness tests that are linked with the components of fitness.</p> <p>A2 Methods of training for sport Learners will understand how to interpret current fitness information to choose the most appropriate methods of training to improve components of fitness. They will develop knowledge and understanding of the different methods of training for participants for sport and activity as well as the advantages/disadvantages of each method.</p>	<p>Objective Pupils will be given opportunities to experience leadership moments through a variety of activities. Leadership games focussing on communication skills Pupils will be given opportunities to lead the warm up for their peers including pulse raiser, mobilisation and stretches. Pupils will be given task cards to lead a simple practice in a variety of sports where they practise organisational skills.</p>
Knowledge & Skills development	<p>Know the definitions to the 7 components of fitness linking them to appropriate fitness tests Understand how to interpret fitness test results through normative data tables Understand the link between components of fitness and methods of training to improve fitness. Know the link between the advantage of the training methods in relation to the sport/activity.</p>	
Assessment / Feedback Opportunities	<p>This component is assessed through a written paper and marked by Pearson therefore there will be assessments throughout to check understanding. Exam style questions set regularly to check understanding.</p>	
Cultural Capital	<p>Awareness of leadership opportunities in the local sports industry Celebration of school extra-curricular involvement and success Role models</p>	
SMSC / Promoting British Values (Democracy, Liberty, Rule of Law, Tolerance & Respect)	<p>Listening to others Responding suitably in discussions Taking part in group activities Working closely with a partner</p>	
Reading opportunities	<p>BTEC Tech Award Book</p>	
Key Vocabulary	<p>Sustained physical activity, components of fitness, muscular endurance, strength, aerobic endurance, flexibility, speed, strength, power, body composition, interpreting fitness data, fitness training methods, fitness testing, normative data, interpret results</p>	

	Methods of training- continuous, fartlek, interval, circuit, plyometric, PNF, static and dynamic stretching, core stability exercises, CrossFit, weight training, resistance machines, anaerobic hill sprints, SAQ
Digital Literacy	Research on relevant websites. Reference to videos
Careers	Fitness instructor. Personal coach, Personal Trainer