



MAGHULL HIGH SCHOOL – CURRICULUM MAP

HALF TERM 6 June-July	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. Recap prior learning from A1 and A2.</p> <p>A3- The FITT principles and principles of training Learners will explore the FITT principles and the principles of training. The focus will be on understanding how these principles can be used to improve the fitness of participants and positively affect their participation in sport.</p> <p>A4- Understanding fitness programmes Learners will understand the structure of a fitness programme in order to recommend fitness improvement for sport and activity participants.</p>	<p>Objective To demonstrate leadership qualities through a range of sports and activities Pupils will practise leadership skills and being to plan and prepare for their practical leadership task. They will focus on the key requirements of a warm up –pulse raiser, mobilisation and stretches.</p>
Knowledge & Skills development	<p>Understanding of the principles of training to improve fitness Understanding of methods of training to improve fitness Analyse and Evaluate data and information in relation to fitness when applying to sport and activity. Accurately apply all of the above to a given scenario.</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>Principles of training, FITT frequency, intensity, time, type, specificity, progressive overload, overtraining, reversibility, participant differences and needs, training zones, maximum heart rate, person centred approach,</p>	
Digital Literacy	<p>Research on relevant websites. Reference to videos</p>	
Careers	<p>Fitness instructor. Personal coach, Personal Trainer</p>	