



## MAGHULL HIGH SCHOOL – CURRICULUM MAP

HALF TERM 2 Nov- Dec	Theory Lessons ( 3 lessons over 2 week timetable) 12 lessons	Practical Lessons 8 lessons
<b>Component 1 Coursework</b>	<p><b>Objective:</b> Component 1: Understand the body and the supporting technology for sport and activity. Students to complete any outstanding work on A1 and A2.</p> <p><b>Learning Aim B- Explore common injuries in sport and activity and methods of rehabilitation</b> Learners will explore the potential injuries that could occur to the body during sport and activity while investigating their causes. Learners will also look at the methods to help reduce the risk of injury. Learners will also understand the rehabilitation process of each injury to ensure recovery.</p> <p><b>B1: Common Sport injuries</b> Learners will explore the potential injuries that occur during sport and activity. They will consider the symptoms of these and how they present for participants.</p> <p><b>B2: Causes of common sports injuries</b> Learners will understand some of the causes of injury in sport and activity and how they could be prevented.</p> <p><b>B3: Management and rehabilitation of common sports injuries</b> Learners will understand how to manage common sporting injuries and their basic treatments, through the rehabilitation process to recovery. They will explore how technology can support the rehabilitation process.</p>	<p><b>Objective</b> Pupils will experience the different methods of training for each component of fitness. This work directly links to the examination specification and will strengthen understanding through practical experience. Pupils will also begin to develop their leadership skills through leading warm up and cool down activities.</p>
<b>Knowledge &amp; Skills development</b>	<p>Develop understanding of the symptoms of each sporting injury Develop knowledge of the main causes of common sporting injuries that may have led to them occurring Learners will also make judgements on recommendations for the potential rehabilitation available for different injuries Develop understanding of how to treat a sports injury (rehabilitation) Research and analytical skills</p>	
<b>Assessment / Feedback Opportunities</b>	<p>Coursework assignments set and feedback given verbally and written Do now activities link to practical/exam content</p>	
<b>Cultural Capital</b>	<p>Awareness of leadership opportunities in the local sports industry Celebration of school extra-curricular involvement and success Role models</p>	
<b>SMSC / Promoting British Values (Democracy, Liberty, Rule of Law, Tolerance &amp; Respect)</b>	<p>Listening to others Responding suitable in discussions Taking part in group activities Working closely with a partner</p>	

<b>Reading opportunities</b>	BTEC Tech Award Book
<b>Key Vocabulary</b>	Fitness testing, normative data tables, components of fitness, Injury, recovery, symptoms, sprain, strain, ligaments, tendons, rupture, blood vessel, dislocation, displacement, discolouration, ligament tear, fracture, tendonitis, shin splints, physiological, intensity, psychological, environmental, equipment, people-related risks, coaching, osteoporosis, vasoconstriction, rehabilitation, 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
<b>Digital Literacy</b>	Research on relevant websites. Reference to videos
<b>Careers</b>	Fitness instructor. Personal coach, Personal Trainer