



MAGHULL HIGH SCHOOL – CURRICULUM MAP

HALF TERM 4 March-April	Theory Lessons (3 lessons over 2 week timetable) 1-15	Practical Lessons (1 lesson per week) 1-6
Component 3 Coursework	Objective: Completion of Component 3 coursework Pupils will explore why it is important to provide sport and activity sessions. They will develop an understanding of the benefits that participants can gain from taking part in sport and activity sessions. Pupils will be able to explain the short and long term physical benefits of sports participation as well as the psychological benefits such as increased levels of motivation and self-confidence	Objective: Completion of leadership filmed assessment task demonstrating the ability to carry out an effective pulse raiser, mobilisations and stretches for a selected sport or activity To demonstrate leadership qualities through a range of sports and activities
Knowledge & Skills development	Understanding of the short and long term physical and psychological benefits of taking part in sport and activity. Confidence and enthusiasm in leadership roles.	
Assessment / Feedback Opportunities	Verbal and written feedback linked to coursework tasks Progress trackers	
Cultural Capital	Awareness of leadership opportunities in the local sports industry Celebration of school extra-curricular involvement and success Role models	
SMSC / Promoting British Values (Democracy, Liberty, Rule of Law, Tolerance & Respect)	Listening to others Responding suitable in discussions Taking part in group activities Working closely with a partner	
Reading opportunities	BTEC Tech Award Book	
Key Vocabulary	Blood flow working muscles temperature heart rate oxygen lactic acid cardiorespiratory Diabetes glucose regulation hypertension blood pressure musculoskeletal osteoporosis density tendons ligaments stability	
Digital Literacy	Research on relevant websites. Reference to videos	
Careers	Fitness instructor. Personal coach, Personal Trainer	