



MAGHULL HIGH SCHOOL – CURRICULUM MAP

HALF TERM 1 SEPT - OCT	Theory Lessons (3 lessons over 2 week timetable) 1-18	Practical Lessons 1-7
Component 3 (coursework) Component 2 (examination)	<p>Objective: Introduction to Component 3: Applying the principles of Sport and Activity Pupils will learn about the skills of a sports leader through PowerPoint and discussion. They will explain key attributes of communication including verbal and non-verbal, tone of voice, volume of voice, listening skills. Pupils will be able to analyse these skills against a positive and negative sports leader</p> <p>Completion of Component 2 Pupils will learn about Nutrition for Sport and Activity. They will learn about the structure and function of macronutrients and micronutrients, the benefits of dehydration and the negative effects of dehydration. Pupils will be able to recognize features of a healthy diet and how to recognize them. They will also be able to make a link between positive diet and sport and activity performance. Pupils will learn about the methods used to enhance sport and activity through specific nutritional changes. They will learn about the use of legal supplements to help improve nutrition for sport and activity.</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	Understand the attributes of successful sports leaders Understanding of a healthy diet, the macronutrients and their effect on the body's ability to function during sport and activity. Understanding of the main vitamins and minerals and how they can be beneficial during sport and activity Confidence in demonstrating effective leadership skills	
Assessment / Feedback Opportunities	Coursework assignments set and feedback given verbally and written. Exam style questions set regularly to check understanding.	
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	Communication verbal tone volume non-verbal gestures demonstration listening Macronutrients carbohydrates protein fat calories muscle growth repair hydration dehydration carbohydrate loading legal supplement	

Digital Literacy	Research on relevant websites. Reference to videos
Careers	Fitness instructor. Personal coach, Personal Trainer, Nutritionist