



HALF TERM 4 MARCH-APRIL	Teacher A Lesson 1-12	Teacher B Lesson 1-12	Teacher C Lesson 1-12
<b>TOPIC (S)</b> <b>UNIT 1</b> <b>Externally assessed unit</b>	<b>Objective:</b> <b>To understand the effects of exercise and sports performance on the muscular system</b> Characteristics and functions of different types of muscles Learning the major muscles and their use in sporting actions Antagonistic muscle pairs Types of skeletal muscle contraction Muscle fibre types Responses of the muscular system to a single sport or exercise session Adaptations of the muscular system to exercise Additional factors affecting the muscular system - eg Age	<b>Objective:</b> <b>To understand the effects of exercise and sports performance on the cardiovascular system</b> Structure of the cardiovascular system Understanding the structure of blood vessels – The composition of blood. The function of the cardiovascular system. Nervous control of the cardiac cycle Effects of the sympathetic and parasympathetic nervous system Responses of the cardiovascular system to a single sport or exercise session Adaptations of the cardiovascular system due to exercise. Additional factors affecting the cardiovascular system	<b>Objective: The effects of exercise and sports performance on the energy systems</b>  The aerobic system in exercise and sports performance. Understand the role of the aerobic energy system in energy production for exercise and sports performance. Adaptations of the energy system to exercise The impact of adaptation of the systems on exercise and sports performance. Additional factors affecting the energy systems Understand additional factors affecting the energy systems and their impact on exercise and sports performance.
<b>Knowledge &amp; Skills development</b>	Demonstrate knowledge of the body systems, structures, functions, characteristics, definitions Demonstrate understanding of the short and long term effects of sport and exercise on each system Be able to analyse exercise and sports movements Be able to evaluate how body systems are used and how they interrelate in order to carry out exercise and sporting movement Be able to make connections between body systems in response to short-term and long-term exercise and sports participation Be able to answer exam style questions using correct technical language.		
<b>Assessment / Feedback Opportunities</b>	Teacher Formative Assessment – verbal Peer Assessment – verbal and written Self Assessment - written Teacher Summative Assessment		
<b>Cultural Capital</b>	Access to human anatomy laboratories at Edge Hill University		
<b>SMSC / Promoting British Values (Democracy, Liberty, Rule of Law, Tolerance &amp; Respect)</b>	Listening to others Responding suitably in discussions Taking part in group activities		
<b>Reading opportunities</b>	BTEC National Sport student Book 1		

<b>Key Vocabulary</b>	<p>Deltoids, biceps, triceps, wrist flexors, wrist extensors, supinators and pronators, pectorals, abdominals, obliques, quadriceps, hip flexors, tibialis anterior, erector spinae, trapezius, latissimus dorsi, gluteals, hamstrings, gastrocnemius, soleus, cardiac muscle, involuntary, skeletal muscle, smooth muscle agonist, antagonist synergist, fixator isometric., concentric, eccentric, pliability, lactate, microtears, Hypertrophy, tendon, myoglobin, mitochondria, glycogen.cramp</p> <p>Explain, Discuss, State, Analyse, Identify</p>	<p>coronary arteries, atria, deoxygenated blood, oxygenated blood, ventricles, bicuspid valve, tricuspid valve, semi-lunar valve aorta, superior vena cava, inferior vena cava, pulmonary vein, pulmonary artery.</p> <p>arteries, arterioles, capillaries, veins, venules plasma, white blood cells, red blood cells, platelets, thermoregulation, vasodilation, vasoconstriction, clotting, sinoatrial node,atrioventricular node, bundle of his and pukinje fibres, heart rate, cardiac output, blood pressure, cardiac hypertrophy, SADS, hypertension, hypotension, hypothermia, hyperthermia</p>	<p>Adenosine triphosphate, adenosine diphosphate, aerobic, anaerobic, lactate, glycolysis, intensity, duration, glycogen, glucose, lactic acid, Krebs cycle, electron transport chain, mitochondria, pyruvic, hydrogen, creatine, phosphate creatine, enzyme, hypoglycaemic, insulin, oxidation</p>
<b>Digital Literacy</b>	<a href="https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.html">https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.html</a>		
<b>Careers</b>	Physiotherapist, Sports Therapist, Doctor, Nurse, Occupational Therapist		