

Module 1	Module 2	Module 3
<p>Learning Intent for this module:</p> <p>Unit 1: The human body is made up of many different systems that interrelate to allow us to take part in a wide variety of sport and exercise activities. To appreciate how each of these systems function, students will explore the structure of the skeletal, muscular, and respiratory systems as well as additional factors which affect sport and exercise performance. To know, understand and be able to apply the effects of exercise and sport on the skeletal system, muscular system and respiratory system is imperative in the sports industry so that professionals can help support people who are taking part in sport and exercise.</p> <p>Unit 7: Sports participation remains a key focus for the government, and sports governing bodies. Active lifestyles are part of a political agenda more than ever to improve the health of a nation, and to continue the success of many major sporting events which have been born through the National Lottery and UK Sport. For students to enjoy and fulfil their potential in sport, it is important that they understand the rules/regulations, ethics of the sport and are able to prepare and participate in the sport. Clearly understanding the rules/laws, technical requirements, and reflection processes will help</p>	<p>Learning Intent for this module:</p> <p>Unit 1: To know, understand and be able to apply the effects of exercise and sport on the respiratory system, cardiovascular system and energy systems is imperative in the sports industry so that professionals can help support people who are taking part in sport and exercise. To appreciate how each of these systems function, students will explore the structure of the cardiovascular system and energy systems as well as additional factors which affect sport and exercise performance.</p> <p>Unit 7: Students improve their knowledge and practical ability in an individual and team sport. They develop their practical performance, focusing on the application of skills, techniques and tactics and reflecting on their performance. This will be achieved through participation in practical activities, followed by a reflection on performance. Students have the opportunity to practise and refine individual skills and techniques, investigating and experiencing different areas of tactics and techniques.</p>	<p>Learning Intent for this module:</p> <p>Unit 1: The anatomy and physiology of each body system and their processes are quite different but work together to produce movement. Students must be able to analyse the inter-relationships between the body systems and the affect this will have on performance. They will gain a full appreciation of how the body is able to take part in sport and exercise through understanding the interrelationships between the five main body systems.</p> <p>Unit 7: Students continue to develop skills to improve practical performance, which can lead to a number of career pathways. Gaining all-round knowledge of practical sports performance will help progression to roles as a sports leader, coach, sports instructor or physical education teacher through further study.</p> <p>Unit 3: The sports industry is a vast market with many different pathways. For a successful career, students need to understand the scope and breadth of the available opportunities and the steps needed to follow their chosen pathway. To do this, students will begin to explore the knowledge and skills required for different career</p>

<p>maximise performance no matter what level the individual performs at. Students improve their knowledge in an individual and team sport. The rules and regulations of the selected sports are also investigated, since an awareness of the rules can often lead to an improvement in performance.</p>		<p>pathways in the sports industry to prepare students for a career in the sports industry.</p>
<p>Key Content to be learned:</p> <p>Unit 1: Learning Aim A: The effects of exercise and sports performance on the skeletal system Structure Function Range of movement Responses Adaptations Additional factors</p> <p>Learning Aim B: The effects of exercise and sports performance on the muscular system Characteristics and functions Structure Antagonistic muscle pairs Muscle contraction Muscle fibres Responses Adaptations Additional factors</p> <p>Learning Aim C: The effects of exercise and sports performance on the respiratory System Structure</p>	<p>Key Content to be learned:</p> <p>Unit 1: Learning Aim C: The effects of exercise and sports performance on the respiratory System Lung volumes Control of breathing Responses Adaptations Additional factors</p> <p>Learning Aim D: The effects of exercise and sports performance on the cardiovascular system Structure Function Nervous control Responses Adaptations Additional factors</p> <p>Learning Aim E: The effects of exercise and sports performance on the energy systems The role of ATP ATP/PC system Lactate system Aerobic system</p>	<p>Key Content to be learned:</p> <p>Unit 1: Inter-relationships: Make connections between body systems in response to short-term and long-term exercise and sport participation Training methods Purpose of a warm-up Linking functions, responses and adaptations of all body systems.</p> <p>Unit 7: Learning aim D: Reflect on own practical performance using selected assessment methods</p> <p>Assessment methods to review the performance SWOT analysis, performance profiling. Use of technology Testing Interviews Observations Objective performance data. Review performance in the selected sports Strengths and areas for improvement Developments to improve performance</p>

<p>Function</p> <p>Unit 7:</p> <p>Learning aim A: Examine National Governing Body rules/laws and regulations for selected sports competitions</p> <p>Rules/laws in selected sports as regulated by the national or international governing body Competition rules/laws and regulations Unwritten rules and/or etiquette specific to sport Situations where rules/laws have been applied Regulations for sports under competition. Roles and responsibilities of officials.</p> <p>Learning aim B: Examine the skills, techniques and tactics required to perform in selected sports</p> <p>Technical demands required to perform in a sport Breakdown of how the techniques of the skill are applied for effective participation Tactical demands applied in sports performance</p>	<p>Adaptations</p> <p>Additional factors</p> <p>Unit 7:</p> <p>Independent completion of the internal assignment which will assess learning aims A & B.</p> <p>Learning aim C: Develop skills, techniques and tactics for sporting activity in order to meet sport aims</p> <p>Safe and appropriate practical performance demonstration and participation Isolated practices/conditioned practices and competitive situations. Application of rules and regulations to show effective use of skills and techniques Effective use of skills, techniques and tactics The use of skills and techniques in conditioned and competitive situations Effective decision making and selection of skills, techniques and tactics when under pressure from opponents.</p>	<p>Independent completion of the internal assignment which will assess learning aims A & B.</p> <p>Unit 3:</p> <p>Learning Aim B: skills audit to inform a career development action plan Maintaining a portfolio</p> <p>Learning Aim A: Understanding career and job opportunities</p> <p>Scope and provision of the sports industry Sport and recreation industry data Geographical factors Socio-economic factors Season factors Careers and jobs Key Pathways Sectors Local & national employers Sources of information on careers in sports Definitions of types of employment.</p>
<p>Key Tasks for this module:</p> <p>Unit 1</p> <ol style="list-style-type: none"> 1. Formative: Skeletal system exam section 2. Summative: Skeletal & muscular systems exam sections 3. Formative: 6-mark respiratory exam question. <p>Unit 7</p>	<p>Key Tasks for this module:</p> <p>Unit 1</p> <ol style="list-style-type: none"> 1. Summative: Skeletal, muscular, respiratory system exam sections 2. Formative: cardiovascular system exam section 3. Summative: Section A-E exam. <p>Unit 7</p>	<p>Key Tasks for this module:</p> <p>Unit 1</p> <ol style="list-style-type: none"> 1. Summative: Full exam paper 2. Formative: 8-mark inter-relationships question. <p>External Exam (this occurs early May)</p> <p>Unit 7</p>

<ol style="list-style-type: none">1. Formative Assessment NGB, Rules and Regulations in Sport2. Formative Assessment – Skills and Techniques and in Badminton.3. Formative: Written Assessment – Roles and responsibilities of leaders.	<ol style="list-style-type: none">1. Formative Assessment – Tactics in Badminton.2. Summative: Learning Aim A&B – Written Assessment3. Formative Assessment – Review of performance.	<ol style="list-style-type: none">1. Formative Assessment – Review of performance.2. Formative assessment – Practical Assessment.3. Summative: Learning Aim C&D – Written Assessment.
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