

Term	Content	Online support
1	<p>UNIT 1- BODY SYSTEMS AND THE EFFECTS OF SPORTING ACTIVITY- Examination</p> <p>For each system students need to have an understanding of the structure and the way it/ they function both at rest and in exercise. They must also be aware of how each system responds to training over time.</p> <p>LO1- The Skeletal System-</p> <ul style="list-style-type: none"> • Axial/ Appendicular • Types of bone • Joints • Movement • Short term responses to exercise • Long term adaptations <p>UNIT 2- SPORTS COACHING AND ACTIVITY LEADERSHIP-Coursework</p> <p>Students will learn the necessary qualities to be a sports coach. They will learning attributes, personalities and leaderships styles they can adopt to be an effective leader. They will be given the chance to plan, lead and organise a series of 6 sessions critically reflecting on their performance throughout.</p> <p>Roles and responsibilities</p> <ul style="list-style-type: none"> • Roles of coaches, PE teachers and leaders • Responsibilities of sports coaches and activity leaders • How roles and responsibilities involved in teaching and coaching differ 	
2	<p>UNIT 1- BODY SYSTEMS AND THE EFFECTS OF SPORTING ACTIVITY-Examination</p> <p>LO2- The Muscular System</p> <ul style="list-style-type: none"> • Types of muscle • Structure and function • Roles of Muscles • Types of contraction • Muscle fibre types • Short term responses to exercise • Long term adaptations • Movement analysis 	

	<p>UNIT 2- SPORTS COACHING AND ACTIVITY LEADERSHIP- Understand the principles that underpin coaching and leading</p> <ul style="list-style-type: none"> • Principles of leadership- Autocratic, democratic and laissez-faire • Suitability of different leadership styles • Group dynamics- social loafing, motivation • Attributes of coaches and leaders 	
<p>3</p>	<p>UNIT 1- BODY SYSTEMS AND THE EFFECTS OF SPORTING ACTIVITY-Examination LO3- The Cardiovascular System</p> <ul style="list-style-type: none"> • The heart- structure and function • Terminology/ definitions • Graphing HR etc • The cardiovascular system- structure / pathway of blood • Blood vessels- 5 types- structure and function • Venous Return • Vascular shunt • Blood • Short term responses to exercise • Long term adaptations <p>LO4- The Respiratory System</p> <ul style="list-style-type: none"> • Structure • Breathing – the mechanics at rest and in exercise • Definitions of volumes • Short term responses to exercise • Long term adaptations <p>UNIT 2- SPORTS COACHING AND ACTIVITY LEADERSHIP- Coursework Be able to use methods to improve skills, techniques and tactics in sport</p> <ul style="list-style-type: none"> • Methods for identifying strengths and weakness • Classification of skills 	

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	<ul style="list-style-type: none"> • Types of practice • Methods for measuring improvement in skills, techniques and tactics <p>Be able to plan sports and activity sessions</p> <ul style="list-style-type: none"> • Review participants needs considering which could influence coaching sessions • Key considerations when planning sessions <p>Be able to prepare sports and activity environments</p> <ul style="list-style-type: none"> • Preparing equipment for activity session • Preparing the environment for the sports session • Assessing and minimising risk before activity session • Appropriate safeguarding policies and procedures 	
4	<p>UNIT 1- BODY SYSTEMS AND THE EFFECTS OF SPORTING ACTIVITY-Examination</p> <p>LO5- Energy Systems</p> <ul style="list-style-type: none"> • The 3 systems- the processes • Practical application of each • Recovery • Energy Continuum <p>Examination Preparation and revision</p> <p>UNIT 2- SPORTS COACHING AND ACTIVITY LEADERSHIP-Coursework</p> <p>Be able to deliver sports and activity sessions – some of these sessions will run into term 5, it is based on the PE timetable and coaching slot availability</p> <ul style="list-style-type: none"> • Preparing participants for activity sessions • Deliver warm up activities appropriate for participants • Delivering 6 x sessions • Conclude coaching sessions <p>Be able to review sports and activity sessions</p> <ul style="list-style-type: none"> • Review sport sessions 	

5	<p>UNIT 2- SPORTS COACHING AND ACTIVITY LEADERSHIP-Coursework</p> <p>Be able to deliver sports and activity sessions – some of these sessions will run into term 5, it is based on the PE timetable and coaching slot availability</p> <ul style="list-style-type: none">• Preparing participants for activity sessions• Deliver warm up activities appropriate for participants• Delivering 6 x sessions• Conclude coaching sessions <p>Be able to review sports and activity sessions</p> <ul style="list-style-type: none">• Review sport sessions <p>UNIT 12 SPORTS NUTRITION- Coursework</p> <p>LO1- Understanding the principles and importance of a balanced diet</p> <p>LO2- Understand energy balance</p> <p>LO3- Understand the importance of hydration in Sport and Exercise</p> <p>LO4- Know the effects of supplements on diet and performance in sport and exercise</p> <p>LO5- Understand the psychology of healthy eating</p> <p>Distinction task- Comparison of how training demands, nutritional needs, energy and hydration requirements vary according to the period/ season in an elite athletes' training year.</p>	
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