



Curriculum Map Physical Education KS4 BTEC Sport

Our Vision:

In Key Stage 4, some students opt for the BTEC pathway on top of their core PE lessons. It is hoped that they will be able to use their understanding of sport and relate it to a number of socio-cultural, physiological, psychological, health and biomechanical situations.

Year Group	<u>Subject Skills</u> <i>Students will be able to use these skills and techniques:</i>	<u>Subject Knowledge</u> <i>Students will develop subject knowledge about...</i>	<u>Qualities Enhanced</u> <i>Through the study of PE, students will enhance their skills in...</i>
10 & 11	<u>Basic Techniques:</u> Note making Revision techniques Exam question technique Interpreting data Making presentations Designing leaflets	<u>Understanding of:</u> The body and supporting technology for sporting activity Applying the principles of sport and activity	<ul style="list-style-type: none"> • Communication • Team Work/Collaboration • Reading • Resilience • Critical thinking
10	<u>Component 1(coursework):</u> Learning aims A – investigating the impact of sport and activity on the body systems. B – exploring the common injuries in sport and activity and methods of rehabilitation C – understanding the use of technology for sport and activity.	<u>Learning Aim A:</u> <ul style="list-style-type: none"> • The structure and function of the cardiorespiratory system • The structure and function of the musculoskeletal system • Physiological impact of engagement in sport and activity on the body systems 	<ul style="list-style-type: none"> • Communication • Reading • Critical thinking



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		<p><u>Learning Aim B:</u></p> <ul style="list-style-type: none"> • The importance of warm-ups and cool downs before and after participation in sport and activity. • Basic and common sports injuries • Physiological, psychological, environmental, equipment related, people and coaching related causes of common sporting injuries • Physiological and psychological management of common sports injuries. • Rehabilitation from common sports injuries <p><u>Learning Aim C:</u></p> <ul style="list-style-type: none"> • Different types of technology in sport • The benefits of technology for the performer • The benefits of technology for the coach • Limitations of technology for the performer • Limitations of technology for the coach 	
10	<p><u>Component 2 (exam):</u></p> <p>Learning aims</p> <p>A – exploring the factors that contribute to improved fitness for sport and activity, including fitness testing and exploring a range of training methods that can be used to develop specific components of fitness.</p> <p>B – exploring nutrition along with the importance and functions of macronutrients and key micronutrients, and the food sources of each. The importance of hydration and how it is used in sport and activity.</p>	<p><u>Learning Aim A:</u></p> <ul style="list-style-type: none"> • Interpreting fitness data in relation to sport and activity <ul style="list-style-type: none"> ○ Components of fitness ○ Normative data ○ Fitness tests • Methods of training • Advantages and disadvantages of each method of training • The principles of training • Understanding fitness programmes <p><u>Learning Aim B:</u></p> <ul style="list-style-type: none"> • Nutrition for sport and activity 	<ul style="list-style-type: none"> • Communication • Team Work/Collaboration • Reading • Resilience • Critical thinking



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	<p>C – exploring psychology and motivation. Looking at how self-confidence and anxiety have an effect on sport and activity performance.</p>	<ul style="list-style-type: none"> • Benefits of macronutrients and micronutrients in sport and activity • Hydration • Benefits of hydration in sport and activity • Improving nutrition for sport and activity • Legal supplements <p><u>Learning Aim C:</u></p> <ul style="list-style-type: none"> • The impact of motivation on participation in sport and activity • The impact of self-confidence on participation in sport and activity • Methods to increase self-confidence • The impact of anxiety on participation in sport and activity 	
11	<p><u>Component 3 (coursework):</u> Learning Aims: A – understanding the fundamentals of sport and activity leadership. B – Be able to plan sessions for different target groups. C – Deliver and review sessions for different target groups.</p>	<p><u>Learning Aim A:</u></p> <ul style="list-style-type: none"> • Attributes of a leader <ul style="list-style-type: none"> ○ Skills ○ Qualities • The short- and long-term benefits of participation <ul style="list-style-type: none"> ○ Physiological ○ Psychological <p><u>Learning Aim B:</u></p> <ul style="list-style-type: none"> • Target groups • Types of sessions • Session plans <ul style="list-style-type: none"> ○ Warm up ○ Main component ○ Cool down 	<ul style="list-style-type: none"> • Communication • Team Work/Collaboration • Reading • Resilience • Critical thinking



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Learning Aim C:

- Methods of delivery/success
- Methods of reviewing