

## What are the aims and intentions of this curriculum?

The aim of our Post 16 Curriculum is to provide opportunities during the teaching and learning phase to give learners practice in developing employability skills. These relate to the following three main categories 1. Cognitive and problem-solving skills: using critical thinking, approach non-routine problems applying expert and creative solutions, using systems and technology 2. Intrapersonal skills: communicating, working collaboratively, negotiating and influencing, self-presentation 3. Interpersonal skills: self-management, adaptability and resilience, self-monitoring and development.

Term	Topics	Knowledge and key terms	Skills developed	Assessment
Autumn 1	Unit 1: Anatomy and Physiology <b><u>A1 Structure of skeletal system</u></b> <b><u>A2 Function of skeletal system</u></b> <b><u>A3 Joints</u></b> <b><u>A4 Responses of the skeletal system to a single sport or exercise session</u></b> <b><u>A5 Adaptations of the skeletal system to exercise</u></b> <b><u>A6 Additional factors affecting the skeletal system</u></b>	Understand how the bones of the skeleton are used in sporting techniques and actions. Understand how the functions of the skeleton and bone types are used in sporting actions and exercise. Understand how joints of the upper and lower skeleton are used in sporting techniques and actions. Understand the responses of the skeletal system to a single bout of exercise (30 mins). Understand the impact of the skeletal system on exercise and sports performance and the impact of exercise and sports performance on the skeletal system.  Command words: describe, explain, give, name, state, analyse, assess, discuss, evaluate.	AO1 Demonstrate knowledge of body systems, structures, functions, characteristics, definitions and other additional factors AO2 Demonstrate understanding of each body system, the short- and long-term effects of sport and exercise on each system and additional factors that can affect body systems in relation to exercise and sporting performance AO3 Analyse exercise and sports movements, how the body responds to short-term and long-term exercise and other additional factors affecting each body system AO4 Evaluate how body systems are used and how they interrelate in order to carry out exercise and sporting movements AO5 Make connections between body systems in response to short-term and long-term exercise and sport participation. Make connections between muscular and all other systems, cardiovascular and respiratory systems, energy and cardiovascular systems	Formative assessment: Checking of understanding through worksheets and questions. Summative assessment: Suitability assessment.  Formative: Q and A, group work, peer and self assessment. Independent learning.
	Unit 7: Practical Sports Performance	Examine the National Governing Body rules/laws and regulations for selected sports and competitions	A1 NGB rules/laws in selected sports A2 Roles and responsibilities of officials	A practical demonstration of skills, techniques and tactics through isolated and conditioned practices and games.

<p>Autumn 2</p>	<p>Unit 1: Anatomy and Physiology  <b><u>B1 Characteristics and functions of different types of muscles</u></b>  <b><u>B2 Major skeletal muscles of the muscular system</u></b>  <b><u>B3 Antagonistic muscle pairs</u></b>  <b><u>B4 Types of skeletal muscle contraction</u></b>  <b><u>B5 Fibre types</u></b>  <b><u>B6 Responses of the muscular system to a single sport or exercise session</u></b>  <b><u>B7 Adaptations of the muscular system to exercise</u></b>  <b><u>B8 Additional factors affecting the muscular system</u></b></p> <p>Unit 7: Practical Sports Performance</p>	<p>Understand different types of muscles and their use in sport.  Major skeletal muscles and their combined use in a range of sporting actions.  Movement of muscles in antagonistic pairs and their use in a variety of sporting actions.  Understand skeletal muscle contraction in different sporting actions.  Understand fibre type recruitment during exercise and sports performance  Understand the responses of the muscular system to a single bout of exercise (30 mins).  The impact of adaptation of the system on exercise and sports performance.  Understand additional factors affecting the muscular system and their impact on exercise</p> <p>Command words: describe, explain, give, name, state, analyse, assess, discuss, evaluate.</p> <p>Examine the skills, techniques and tactics required to perform in selected sports</p>	<p>AO1 Demonstrate knowledge of body systems, structures, functions, characteristics, definitions and other additional factors  AO2 Demonstrate understanding of each body system, the short- and long-term effects of sport and exercise on each system and additional factors that can affect body systems in relation to exercise and sporting performance  AO3 Analyse exercise and sports movements, how the body responds to short-term and long-term exercise and other additional factors affecting each body system  AO4 Evaluate how body systems are used and how they interrelate in order to carry out exercise and sporting movements  AO5 Make connections between body systems in response to short-term and long-term exercise and sport participation. Make connections between muscular and all other systems, cardiovascular and respiratory systems, energy and cardiovascular systems</p> <p>B1 Technical demands required to perform in a sport  B2 Tactical demands applied in sports performance</p>	<p>Formative assessment:  Checking of understanding through worksheets and questions.  Q and A, group work, peer and self assessment.  Independent learning.</p> <p>Self-reflection  Self-analysis</p>
<p>Spring 1</p>	<p>Unit 1: Anatomy and Physiology  <b><u>C The effects of exercise and sports performance on the respiratory system</u></b>  <b><u>C1 Structure of the respiratory system</u></b>  <b><u>C2 Function</u></b>  <b><u>C3 Lung Volumes</u></b>  <b><u>C4 Control of breathing</u></b>  <b><u>C5 Responses of the respiratory system to a single sport or exercise session</u></b>  <b><u>C6 Adaptations of the respiratory system to exercise</u></b>  <b><u>C7 Additional factors affecting the respiratory system</u></b></p>	<p>Understand the structure of the respiratory system.  Understand the function of the respiratory system in response to exercise and sports performance.  Understand the lung volumes and the changes that occur in response to exercise and sports performance.  Understand how breathing rate is controlled in response to exercise and sports performance.  Identify responses of respiratory system to a single bout of exercise.  Understand the impact of adaptation of the system on exercise and sports performance. •  Understand additional factors affecting the</p>	<p>AO1 Demonstrate knowledge of body systems, structures, functions, characteristics, definitions and other additional factors  AO2 Demonstrate understanding of each body system, the short- and long-term effects of sport and exercise on each system and additional factors that can affect body systems in relation to exercise and sporting performance  AO3 Analyse exercise and sports movements, how the body responds to short-term and long-term exercise and other additional factors affecting each body system  AO4 Evaluate how body systems are used and how they interrelate in order to carry out exercise and sporting movements</p>	<p>Formative assessment:  Checking of understanding through worksheets and questions.  Q and A, group work, peer and self assessment.  Independent learning.</p>

	<p>Unit 7: Practical Sports Performance</p>	<p>respiratory system and their impact on exercise and sports performance.</p> <p>Command words: describe, explain, give, name, state, analyse, assess, discuss, evaluate</p> <p>Develop skills, techniques and tactics for sporting activity in order to meet sport aims</p>	<p>AO5 Make connections between body systems in response to short-term and long-term exercise and sport participation. Make connections between muscular and all other systems, cardiovascular and respiratory systems, energy and cardiovascular systems</p> <p>Safe and appropriate practical performance demonstration and participation</p>	<p>Formative assessment: Practical analysis Self-reflection</p>
<p>Spring 2</p>	<p>Unit 1: Anatomy and Physiology</p> <p><b><u>D The effects of sport and exercise performance on the cardiovascular system</u></b></p> <p><b><u>D1 Structure of the cardiovascular system</u></b></p> <p><b><u>D2 Function of the cardiovascular system</u></b></p> <p><b><u>D3 Nervous control of the cardiac cycle</u></b></p> <p><b><u>D4 Responses of the cardiovascular system to a single sport or exercise session</u></b></p> <p><b><u>D5 Adaptations of the cardiovascular system to exercise</u></b></p> <p><b><u>E The effects of exercise and sports performance on the energy systems</u></b></p> <p><b><u>E1 The role of ATP in exercise</u></b></p> <p><b><u>E2 The ATP-PC (alactic) system in exercise and sports performance</u></b></p> <p><b><u>E3 The lactate system in exercise and sports performance</u></b></p> <p><b><u>E4 The aerobic system in exercise and sports performance</u></b></p> <p><b><u>E5 Adaptations of the energy</u></b></p>	<p>Understand the structure of the cardiovascular system.</p> <p>Understand the function of the cardiovascular system in response to exercise and sports performance.</p> <p>Understand the control of the cardiac cycle and how it changes during exercise and sports performance.</p> <p>Understand the impact of adaptation of the system on exercise and sports performance.</p> <p>Understand additional factors affecting the cardiovascular system and their impact on exercise and sports performance.</p> <p>Understand the role of adenosine triphosphate (ATP) for muscle contraction for exercise and sports performance.</p> <p>Understand the role of the ATP-PC system in energy production for exercise and sports performance.</p> <p>Understand the role of the lactate system in energy production for exercise and sports performance.</p> <p>Understand the role of the aerobic energy system in energy production for exercise and sports performance.</p> <p>Understand the impact of adaptation of the systems on exercise and sports performance.</p> <p>Command words: describe, explain, give, name, state, analyse, assess, discuss, evaluate</p>	<p>AO1 Demonstrate knowledge of body systems, structures, functions, characteristics, definitions and other additional factors</p> <p>AO2 Demonstrate understanding of each body system, the short- and long-term effects of sport and exercise on each system and additional factors that can affect body systems in relation to exercise and sporting performance</p> <p>AO3 Analyse exercise and sports movements, how the body responds to short-term and long-term exercise and other additional factors affecting each body system</p> <p>AO4 Evaluate how body systems are used and how they interrelate in order to carry out exercise and sporting movements</p> <p>AO5 Make connections between body systems in response to short-term and long-term exercise and sport participation. Make connections between muscular and all other systems, cardiovascular and respiratory systems, energy and cardiovascular systems</p>	<p>Formative assessment: Checking of understanding through worksheets and questions. Q and A, group work, peer and self assessment. Independent learning.</p>

	<p><b><u>system to exercise</u></b></p> <p>Unit 7: Practical Sports Performance</p>	<p>Reflect on own practical performance using selected assessment methods</p>	<p>D1 Assessment methods to review the performance of the skills, techniques and tactics in the selected sports  D2 Review performance in the selected sports  D3 Developments to improve performance</p>	<p>Formative assessment:  Practical analysis  Self-reflection  A written report or essay that reflects on one's strengths and weaknesses.</p>
<p><b>Summer 1</b></p>	<p>Unit 1: Anatomy and Physiology  <b><u>Recap and Revision</u></b></p>	<p>Recap and revision of all previous material in preparation for the external exam.</p>	<p>The ability to recall information through flash cards, mind mapping, online videos, presentations, practice questions.</p>	<p>Summative assessment:  external assessment</p>