

SUBJECT:  
KS5 BTEC PE



NESTON  
HIGH SCHOOL

KS5 CURRICULUM PLAN  
2020-21

KS4  
Knowledge  
and key skills

YEAR 12	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
TOPIC	Unit 1 –Skeletal system & Unit 5 – Application of Fitness	Unit 1 –Muscular system & Unit 5 – Application of Fitness	Unit 1 –Respiratory system & Unit 5 – Application of Fitness	Unit 1 –Cardiovascular system & Unit 2 – Fitness Training and Programming	Unit 1 –Cardiovascular system & Unit 2 – Fitness Training and Programming	Unit 1 –Cardiovascular system & Unit 2 – Fitness Training and Programming
Knowledge	Unit 1 - Anatomy and Physiology Skeletal System: Structure, Functions, Responses and Adaptations to exercise, Additional factors Unit 5 – Application of Fitness Principles of fitness Testing : Validity Reliability Suitability and Ethical considerations	Unit 1 - Muscular System: Structure, Functions, Responses and Adaptations to exercise, Additional factors Unit 5 - Application of fitness testing: Fitness Testing knowledge Testing protocol	Unit 1 - Anatomy and Physiology Respiratory System: Structure, Functions, Responses and Adaptations to exercise, Additional factors Unit - 5 Application of fitness testing: Administer fitness tests Data collection and interpretation	Unit 1 - Cardiovascular System: Structure, Functions, Responses and Adaptations to exercise, Additional factors Unit 2: Lifestyle Factors Positive and negative .Health Monitoring Tests- BMI, HR, Modifying lifestyle	Unit 1 - Energy System: Functions, Responses and Adaptations to exercise, Additional factors Unit 2: Fitness Training and Programming Macronutrients Micronutrients Hydration Nutritional Strategies	Unit 1 – Anatomy and Physiology Assessment practice and Revision Unit 2 Components of fitness Types of Training Exam technique
Skills	Unit 1 - Develop and apply knowledge of skeletal system into exam based short and long answer questions. Unit 5 - Select six specific fitness tests, that are suitable for the sport of your choice, and investigate the four terms in relation to each specific test.	Unit 1 - Develop and apply knowledge of muscular system into exam based short and long answer questions. Unit 5 - Learn how to operate the equipment needed for the six selected fitness tests and understand the precise detail in the protocols in order to run the tests successfully.	Unit 1 - Develop and apply knowledge of respiratory system into exam based short and long answer questions. Unit 5 - Run the six specific fitness tests using the rest of the class as your subjects. Record the data from each test and analyse the results comparing them with normative data. Advise each student in the class of their strengths and weaknesses and suggest ways to improve their performance.	Unit 1 - Develop and apply knowledge of cardiovascular system into exam based short and long answer questions. Unit 2 - Examine lifestyle factors and their effect on health and well-being: Explain the benefits of exercise and physical activity on health & well-being. Understand the benefits of a balanced diet. Explain how negative lifestyle factors effect health & well-being. Identify lifestyle modification techniques.	Unit 1 - Develop and apply knowledge of energy systems into exam based short and long answer questions. Unit 2 - Understand the benefits of a balanced diet and understand training programme - related nutritional needs.	Unit 1 - Apply knowledge of whole Unit 1 content across full exam based short and long answer questions and scenarios. Unit 2 - Understand the screening processes for training programming. Demonstrate knowledge of different training methods for different components of fitness.
Key Vocab	Unit 1: Types of Bones, Types of Joints, Synovial Joints, Arthritis, Osteoporosis. Unit 5: Fitness Test, Validity, Reliability, Suitability, Ethical Considerations	Unit 1: Muscle groups, Types of Muscle, Agonist, Antagonist, Types of contraction, Muscle Fibres. Unit 5: Fitness test, equipment, protocol, accuracy, repeat, environment, timing, recording	Unit 1: Lungs, Bronchioles, Alveoli, Gaseous exchange, Respiratory Control Centre, Medulla Oblongata, Partial Pressure. Unit 5: Record, data, analysis, comparison, normative, advise, strengths, weaknesses, improve, performance	Unit 1: Heart, Vessels, Stroke Volume, Cardiac Output, Blood, Vasodilation, Vasoconstriction, Cardiac cycle. Unit 2: Cancer, CHD, Diabetes, hypertension, blood pressure, anxiety, sedentary	Unit 1: Aerobic, Anaerobic, ATP, ATP-PC, Lactic Acid Unit 2: Macronutrients, micronutrients, BMR, calories, dehydration, hyperhydration, hyponatremia, ergogenic aids,	Unit 2: questionnaire, data protection act, aerobic endurance, strength, muscular endurance, flexibility, speed, body composition, agility, balance, coordination, reaction time, power, VO2 max, training methods.

Key Knowledge  
Transfer

YEAR 13	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
TOPIC	Professional Development in Sport & Fitness Training and Programming	Professional Development in Sport & Fitness Training and Programming	Professional Development in Sport & Fitness Training and Programming	Professional Development in Sport & Fitness Training and Programming	Unit 1& Unit 2 Re-sit & Unit 3 Coursework competition	
Knowledge		Unit 3: Assignment 1 – Task 2 Careers in Sport – Report in-depth review of development pathway for 1 sports career. Unit 2 : Revision Note assembling for exam Exam Technique Model answers and self-review	Unit 3: Assignment 1 – Task 3 Career Development Action Plan Develop a skills audit and action plan for future sports career. Unit 2 : Revision Sit exam Assessment: external exam	Unit 3 :Assignment 2 – Task 4 Selection Process Activities Complete selection activities for a specific role in sport. Unit 2 –Fitness Training and Programming Re-sit revision	Unit 3: Assignment 2 – Task 5 & 6 Interview Activities & Reflective Review Complete interview and develop reflective review of performance in selection activities.	Unit 1 – Anatomy and Physiology RESIT Assessment practice and Revision
Skills	Unit 3: Understand the career and job opportunities in the sports industry. Explore own skills using a skills audit to inform a career development action plan. Unit 2: Understand training programme design to identify appropriate training activities to meet the needs of a specific client with justification.	Unit 3: Understand the career and job opportunities in the sports industry. Explore own skills using a skills audit to inform a career development action plan. Unit 2: Revise all key assessment outcomes that are likely to appear in the exam. Practice exam and technique for answering questions effectively.	Unit 3: Understand the career and job opportunities in the sports industry. Explore own skills using a skills audit to inform a career development action plan. Unit 2: Upon receipt of released scenario, undertake research and make notes over the supervised period of time allocated.	Unit 3: Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway. Reflect on the recruitment and selection process and your individual performance.	Unit 3: Undertake a recruitment activity to demonstrate the processes that can lead to a successful job offer in a selected career pathway. Reflect on the recruitment and selection process and your individual performance.	Unit 1 - Apply knowledge of whole Unit 1 content across full exam based short and long answer questions and scenarios.
Key Vocab	Unit 3: Job description, career pathway, qualifications, similarities and differences. Unit 2: specificity, progressive overload, reversibility, tedium, FITT, SMARTER, macrocycle, mesocycle	Unit 3: Swot analysis, professional development.	Unit 3: Audit. Selection process.	Unit 3: Job interview, application form, selection process, feedback.	Unit 3: Reflective review, strengths and weaknesses, improvements, CDAP.	