



MAGHULL HIGH SCHOOL – CURRICULUM MAP

HALF TERM 1 SEPT - OCT	Theory Lessons (3 lessons over 2 week timetable) 12 lessons	Practical Lessons 8 lessons (2 lessons over 2 week timetable)
Component 1 (coursework)	<p>Objective: Component 1: Understand the body and the supporting technology for sport and activity.</p> <p>A1: The Body Systems During this first half term, learners will focus on the first part of this assignment and explore the impact of sport and activity on the body systems. They will study the ways in which the body systems are working constantly, and that it is through engagement in sport and activity that we can enhance our health. Learners will investigate the body systems and how their structures provide functionality for sport and activity (Cardiorespiratory, musculoskeletal).</p> <p>A2: Physiological impact of engagement in sport and activity on the body systems Learners will explore how the body systems work together and benefits of regular participation in sport and activity on each system. Learners will explain the long term adaptations to body systems caused by regular participation in sport and activity.</p>	<p>Objective: To introduce pupils to the components of fitness aerobic endurance, muscular endurance, strength, body composition, power, flexibility, speed. Pupils will experience fitness testing, learning correct protocols and rating charts.</p>
Knowledge & Skills development	<p>Research and analytical skills Develop knowledge and explaining the structure of the body systems – cardiorespiratory and musculoskeletal Make judgements on different sports and activities, and the benefits gained from engagement in the sport and activity on body systems. Developing understanding of the effect that participation in sport has on these systems and our health, this gives the fundamental underpinning knowledge for study in this sector.</p>	
Assessment / Feedback Opportunities	<p>Coursework assignments set and feedback given verbally and written Do now activities link to practical/exam content</p>	
Cultural Capital	<p>Awareness of leadership opportunities in the local sports industry Celebration of school extra-curricular involvement and success Role models in community/ society</p>	
SMSC / Promoting British Values (Democracy, Liberty, Rule of Law, Tolerance & Respect)	<p>Listening to others Responding suitable in discussions Taking part in group activities Working closely with a partner</p>	
Reading opportunities	<p>BTEC Tech Award Book</p>	
Key Vocabulary	<p>Cardiorespiratory, Cardiovascular, Respiratory Musculoskeletal- atrium, ventricles, arteries, veins, inspiration, expiration, clot, vasodilation, vasoconstriction, gaseous exchange, platelets, lactic acid, cardiac hypertrophy, bone density, tendons, ligaments, muscle hypertrophy, heart rate, blood pressure, blood viscosity, vital capacity, long term effects, diffusion, capillarisation Components of fitness- aerobic endurance, body composition, resistance training, muscular strength, muscular endurance, flexibility, speed, power</p>	

Digital Literacy	Research on relevant websites. Reference to videos
Careers	Fitness instructor. Personal coach, Personal Trainer, Sport Scientist