

Subject: PE BTEC
Year 11

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Assessment 1			Assessment 2		
<p>Core Ambition Curriculum Links:These topics are taught through the identified terms.</p> <p>They are taught in small bitesize chunks and revisited regularly.</p>	<p>R182 - The body's response to physical activity and how technology informs this</p> <p>(24 GLH)</p>	<p>R180 - Reducing the risk of sports injuries</p> <p>(48 GLH)</p>	<p>R180 - Reducing the risk of sports injuries</p> <p>(48 GLH)</p> <p>Mock exam Jan series</p>	<p>R180 - Reducing the risk of sports injuries</p> <p>(48 GLH)</p>	<p>R180 - Reducing the risk of sports injuries</p> <p>Actual Exam summer series (May/June)</p>	
<p>Additional support links:</p>	<p>OCR GCSE PE Topic exploration pack</p> <p>Effects of exercise on body systems</p> <p>OCR Topic exploration pack*</p> <p>Adaptations to Exercise Cardiovascular System (11min 21sec video)</p> <p>Responses to Exercise Cardiovascular System (9min 19sec video)</p> <p>Adaptations to Exercise Muscular System (16min 1sec video)</p>	<p>Coaching Webinar - Keeping Your Athletes Healthy and Preventing Injuries</p> <p>Goal post safety</p> <p>History of NFL's WORST Weather Games: Snow, Rain, Heat, & More</p> <p>Roy Keane reflects on his famous tunnel spat with Patrick Vieira</p> <p>Preventing Sports Injuries- Nemours Sports Medicine Advice from the Pros</p>		<p>Watch This Quick-Thinking Coach Save Gymnast From Life-Threatening Fall</p> <p>Sports Science: NFL Defensive Tackle Kris Jenkins Vs. Average Joe Fractures (broken bones) (bupa.co.uk)</p> <p>Bone Stress Injuries and Stress Fractures (nhs.uk)</p> <p>Fractures (leicestershospitals.nhs.uk)</p> <p>Dislocated shoulder (nhs.uk)</p>	<p>What do temperatures of 20°C or more do to your running performance? When athletes lose their cool</p>	

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	<p>Responses to Exercise Respiratory System (6min 47sec video)</p> <p>GCSE PE - Long-Term Effects of Exercise (4min 38sec video)</p> <p>Long Term Effects of Exercise</p>					
Knowledge:	<p>Long-term effects of exercise on the cardio-respiratory and musculo-skeletal systems</p> <p>In muscle size and strength</p> <ul style="list-style-type: none"> In resting heart rate/stroke volume/cardiac output In heart rate recovery In flexibility In muscle recovery / DOMs / 	<p>Influence the risk and severity of injury</p> <p>Extrinsic factors</p> <p>Types of sports activity: Equipment, Environment</p> <p>Intrinsic factors</p> <p>Individual variables:</p> <p>Psychological factors, overview of:</p> <ol style="list-style-type: none"> Motivation Arousal Anxiety/stress Confidence <p>Reasons for aggression:</p> <ol style="list-style-type: none"> Aggression Direct Channelled Level of performance Retaliation Pressures to win (performer/coach/spectators) Decisions of officials 	<p>Topic Area 2: Warm up and cool down routines</p> <p>Key components of a warm up</p> <p>Physiological and psychological benefits of a warm up</p> <p>Key components of a cool down</p> <p>Physiological benefits of a cool down</p>	<p>Topic Area 3: Different types and causes of sports injuries</p> <p>Acute injuries</p> <p>Soft tissue and hard tissue injuries Sprains , Strains, Skin damage Fractures, Dislocations Head injuries Chronic injuries : Tendonitis , Epicondylitis, Shin splints, Stress fractures</p>	<p>Topic Area 4: Reducing risk, treatment and rehabilitation of sports injuries and medical conditions</p> <p>Measures that can be taken before and during participation in sport or physical activity to reduce risk and severity of injury/medical conditions</p> <p>Topic Area 5: Causes, symptoms and treatment of medical conditions</p> <p>Overview of asthma and asthma attacks Overview of Type 1 and Type 2 diabetes - differences between Type 1 and Type 2 in relation to Sudden Cardiac Arrest (SCA) Other medical conditions</p>	

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	<p>Lactic acid</p> <ul style="list-style-type: none"> • In lung capacity • When participating in to different intensities of sporting activities including: Short high intensity sports • Endurance sports • Strength based sports 	<p>9. Performance enhancing drugs</p> <p>Mental strategies: Mental rehearsal Imagery Selective attention</p>				
Skills:	<p>Analytical Skills – could involve the collection and analysis of, body function, measurement and fitness level information, to problem-solve and inform evaluations and making recommendations to help improve performance</p>	<p>Coaching/Instructing/Leading</p> <ol style="list-style-type: none"> 1. Knowledge of techniques/rules/regulations 2. Experience 3. Communication 4. Supervision 5. Ethical standards/behaviour 	Coaching/instructing/leading	<p>Compare and contrast causes, symptoms and treatments of each acute injury</p> <p>Ways of reducing risk of acute injuries</p> <p>Examples of different body parts (bones/muscles/ joints/tissue) that are susceptible to acute injuries</p>	<p>Advantages of using different types of responses and treatment for different injuries/medical conditions and the different times when treatment can be used:</p> <ul style="list-style-type: none"> o Prior to performance o During performance o Immediately after injury o As part of the longer-term rehabilitation process <p>Compare and contrast causes, common symptoms (as listed in the relevant</p>	

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				NHS guidance) and treatments of different medical conditions	
Common Lexicon:	Identify, describe, explain, evaluate, justify, compare & contrast	identify, describe, explain, evaluate, justify, compare & contrast	identify, describe, explain, evaluate, justify, compare & contrast		
Ambition Curriculum Links:	Find a professional club https://www.badmintonengland.co.uk/	Links to ow to become a coach, ref, volunteer in football- https://www.thefa.com/get-involved/grassroots-football-awards	Courses to help you to become a fitness instructor https://educatefitness.co.uk/product/level-2-certificate-in-gym-instructing-online/ how to become a physical trainer in the army https://apply.army.mod.uk/?gclid=EAlaIqobChMI3rXPhcTL8QIVE-3tCh3EJAXeEAAAYASAAEgIX1PD_BwE&cid=semp1073952390&ef_id=EAlaIqobChMI3rXPhcTL8QIVE-3tCh3EJAX		