

Physical Education Department

Long-term sequencing Year 12 CTECH Sports and Physical Activity

The Cambridge Technical Level 3 qualification aims to develop students' knowledge, understanding and skills of the principles of Sport and Physical Activity. Students will gain an insight into the sector as they investigate opportunities for delivering sport and physical activity to a wide range of participants, whether it is to mobilise sedentary people to improve their health and wellbeing or to support regular participants to improve their performance and fitness, all done in a safe and professional environment. In doing so, students will also gain core skills required for employment or further study in the sector such as communication, analysis, organisation and adaptation. The Level 3 Cambridge Technical in Sport and Physical Activity focuses on the requirements that universities and employers demand. Students will practically apply their skills and knowledge in preparation for further study or the workplace through a wide range of centre assessed units with practical and wider project-based assessment opportunities, as well as examined units on the body systems and the long and short-term impacts of sport and physical activity.

<p>HALF TERM 1: Unit 2: Sports coaching and activity leadership Unit 3: Sports organisation and development</p> <p>Unit 2 Topic Area 1: Know the roles and responsibilities of sports coaches and activity leaders</p> <p>STUDENTS MUST KNOW:</p> <ol style="list-style-type: none"> 1.1 Roles of sports coaches and activity leaders 1.2 Responsibilities of sports coaches and activity leaders 1.3 How the roles and responsibilities involved in teaching and delivering sport differ <p>HOW THIS WILL BE ASSESSED: Written coursework</p> <p>Unit 3 Topic Area 1: Understand how sport in the UK is organised Unit 3 Topic Area 2: Understand sports development</p> <p>STUDENTS MUST KNOW:</p> <ol style="list-style-type: none"> 1.1 Organisations involved in sport in the UK 1.2 Roles and responsibilities of sports organisations in the UK 1.3 International organisations which impact UK sport 1.4 How the different organisations interact 2.1 What sports development is 2.2 The purpose of sports development 2.3 The sports development continuum levels 2.4 Target groups <p>HOW THIS WILL BE ASSESSED: Knowledge recall in starters and plenaries. End of unit assessment (exam board questions & mark scheme) Homework tasks.</p>	<p>HALF TERM 2: Unit 2: Sports coaching and activity leadership Unit 3: Sports organisation and development</p> <p>Unit 2 Topic Area 2: Understand principles which underpin coaching and leading Unit 2 Topic Area 3: Be able to use methods to improve skills, techniques and tactics in sport</p> <p>STUDENTS MUST KNOW:</p> <ol style="list-style-type: none"> 2.1 Principles of leadership 2.2 Group dynamics 2.3 Attributes of coaches and leaders 3.1 Methods for identifying strengths and weaknesses in skills, techniques and deployment of tactics 3.2 Classification of skills and its links to types of practice 3.3 Methods for measuring improvement in skills, techniques and deployment of tactics <p>HOW THIS WILL BE ASSESSED: Practically assessed marked against criteria set by exam board and written piece of coursework.</p> <p>Unit 3 Topic Area 3: Understand how the impact of sports development can be measured Topic Area 4: Understand sports development in practice</p> <p>STUDENTS MUST KNOW:</p> <ol style="list-style-type: none"> 3.1 Possible measures 3.2 Methods 3.3 Purpose of measurement 4.1 Methods of delivering sports development 4.2 Characteristics of sports development initiatives and events 4.3 Advantages and disadvantages of sports development initiatives and events 4.4 Benefits of sports development <p>HOW THIS WILL BE ASSESSED: Knowledge recall in starters and plenaries. End of unit assessment (exam board questions & mark scheme) Homework tasks.</p>	<p>HALF TERM 3: Unit 2: Sports coaching and activity leadership Unit 1: Body systems and the effects of physical activity</p> <p>Unit 2 Topic Area 4: Be able to plan sports and activity sessions Unit 2 Topic Area 5: be able to prepare sports and activity environments</p> <p>STUDENTS MUST KNOW:</p> <ol style="list-style-type: none"> 4.1 Review participants' needs considering which could influence coaching sessions 4.2 Key considerations when planning sports/activity sessions 4.3 SMART goal setting 5.1 Preparing equipment for sports/activity sessions 5.2 Preparing the environment for sports/activity sessions 5.3 Assessing and minimising risks before sports/activity sessions 5.4 Appropriate safeguarding policies and procedures <p>HOW THIS WILL BE ASSESSED: Practically assessed marked against criteria set by exam board and written piece of coursework.</p> <p>Unit 1 Topic Area 1: Understand the skeletal system in relation to exercise and physical activity Unit 1 Topic Area 2: Understand the muscular system in relation to exercise and physical activity</p> <p>STUDENTS MUST KNOW:</p> <ol style="list-style-type: none"> 1.1 The axial and appendicular skeletons 1.2 The functions of the skeleton and the link to types of bone 1.3 Classifications of joints 1.4 The types of synovial joint 1.5 Structures and functions of synovial joints 1.6 Joint movements 1.7 Structure and function of the vertebral column 1.8 The impact of physical activity, training and lifestyle on the skeletal system 2.1 Main muscles acting at synovial joints 2.2 Types of muscle function 2.3 Types of muscle contraction 2.4 Structure and function of muscle fibre types 2.5 Link between mix of fibre types and performance
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<p>HALF TERM 4: Unit 2: Sports coaching and activity leadership Unit 1: Body systems and the effects of physical activity</p> <p>Unit 2 Topic Area 6: Be able to deliver sports and activity sessions</p> <p>STUDENTS MUST KNOW: 6.1 Preparing participants for sport/activity sessions 6.2 Delivering warm-up activities which are appropriate for the participants and session 6.3 Delivering sport/activity sessions 6.4 Concluding coaching sessions</p> <p>HOW THIS WILL BE ASSESSED: Practically assessed marked against criteria set by exam board and written piece of coursework.</p> <p>Unit 1: Topic Area 3: Understand the cardiovascular system in relation to exercise and physical activity Unit 1: Topic Area 4: Understand the respiratory system in relation to exercise and physical activity</p> <p>STUDENTS MUST KNOW: 3.1 The structures of the heart and their roles 3.2 Stroke volume, heart rate and cardiac output 3.3 Structure of blood vessels 3.4 Components and functions of blood 3.5 Vascular shunt mechanism and the role of arterioles and pre-capillary sphincters 3.6 The impact of physical activity, training and lifestyle on the cardiovascular system 4.1 The structures of the lungs and their roles 4.2 Respiratory muscles used during exercise 4.3 The mechanics of breathing 4.4 Gaseous exchange at the alveoli 4.5 Tidal volume, breathing frequency and minute Ventilation 4.6 The impact of physical activity, training and lifestyle on the respiratory system</p> <p>HOW THIS WILL BE ASSESSED: Knowledge recall in starters and plenaries. End of unit assessment (exam board questions & mark scheme) Homework tasks.</p>	<p>HALF TERM 5: Unit 2: Sports coaching and activity leadership Unit 1: Body systems and the effects of physical activity</p> <p>Unit 2 Topic Area 6: Be able to deliver sports and activity sessions</p> <p>STUDENTS MUST KNOW: 6.1 Preparing participants for sport/activity sessions 6.2 Delivering warm-up activities which are appropriate for the participants and session 6.3 Delivering sport/activity sessions 6.4 Concluding coaching sessions</p> <p>HOW THIS WILL BE ASSESSED: Practically assessed marked against criteria set by exam board and written piece of coursework.</p> <p>Unit 1: Topic Area 5: Understand the different energy systems in relation to exercise and physical activity</p> <p>STUDENTS MUST KNOW: 5.1 The three energy systems 5.2 The energy continuum and how intensity and duration of exercise determines which energy system is predominant 5.3 The recovery process for each energy system</p> <p>HOW THIS WILL BE ASSESSED: Knowledge recall in starters and plenaries. End of unit assessment (exam board questions & mark scheme) Homework tasks.</p>	<p>HALF TERM 6: Unit 2: Sports coaching and activity leadership</p> <p>Unit 2 Topic Area 7: Be able to review sports and activity sessions</p> <p>STUDENTS MUST KNOW: 7.1 Reviewing sport/activity sessions,</p> <p>HOW THIS WILL BE ASSESSED: Written piece of coursework.</p>

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Long-term sequencing Year 13 CTECH Sports and Physical Activity



<p>HALF TERM 1: Unit 8: Organisation of sports events Unit 17: Sports injuries and rehabilitation</p> <p>Unit 8 Topic Area 1: Know different types of sports events and their purpose Unit 8 Topic Area 2 Know the different roles and responsibilities involved in the planning and delivery of sports events</p> <p>STUDENTS MUST KNOW: 1.1 Types of events 1.2 Purpose of sports events 2.1 Roles 2.2 Responsibilities</p> <p>HOW THIS WILL BE ASSESSED: Written piece of coursework.</p> <p>Unit 17 Topic Area 1: Know common sports injuries and their effects Topic Area 2: Be able to minimise the risk of sports injuries</p> <p>STUDENTS MUST KNOW: 1.1 The definitions of chronic and acute sports injury 1.2 Common causes of chronic sports injuries 1.3 Common causes of acute sports injuries 1.4 The signs and symptoms of common chronic sports injuries 1.5 The signs and symptoms of common acute sports injuries 1.6 Possible psychological effects of suffering a sports injury 2.1 Extrinsic factors which can influence the risk of injury 2.2 Intrinsic factors which can influence the risk of injury 2.3 Steps that can be taken to minimise the risk of sports injuries 2.4 Safety measures which are intrinsic to sports</p> <p>HOW THIS WILL BE ASSESSED: Written piece of coursework.</p>	<p>HALF TERM 2: Unit 8: Organisation of sports events Unit 17: Sports injuries and rehabilitation</p> <p>Unit 8 Topic Area 3: Be able to plan and promote a sports event</p> <p>STUDENTS MUST KNOW: 3.1 Plan an event 3.2 Promote an event</p> <p>HOW THIS WILL BE ASSESSED: Written piece of coursework.</p> <p>Unit 17 Topic Area 3: Be able to respond to acute sports injuries when they occur Unit 17 Topic area 4: Now the role of different agencies in the treatment and rehabilitation of sports injuries</p> <p>STUDENTS MUST KNOW: 3.1 Appropriate courses of action immediately following an acute sports injury 3.2 Emergency Action Plan 4.1 The different agencies and professionals that could be involved in the treatment of sports injuries 4.2 The way in which each of the identified agencies or professionals could support rehabilitation from sports injury 4.3 Under what circumstances an injured person might seek out external help</p> <p>HOW THIS WILL BE ASSESSED: Written piece of coursework.</p>	<p>HALF TERM 3: Unit 8: Organisation of sports events Unit 17: Sports injuries and rehabilitation</p> <p>Unit 8 Topic Area 4: Be able to participate in the delivery of a sports event</p> <p>STUDENTS MUST KNOW: 4.1 Delivery of an event</p> <p>HOW THIS WILL BE ASSESSED: Practically assessed marked against criteria set by exam board and written piece of coursework.</p> <p>Unit 17 Topic Area 5: Be able to plan a rehabilitation programme for a specific sports injury</p> <p>STUDENTS MUST KNOW: 5.1 The different types of treatment that can be used to support rehabilitation from sports injury 5.2 The physiological response to each of the rehabilitation techniques identified 5.3 The indications for and against each identified treatment for a range of common sports injuries 5.4 Different grades of muscle injury 5.5 Different phases of treatment</p> <p>HOW THIS WILL BE ASSESSED: Written piece of coursework.</p>
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<p>HALF TERM 4: Unit 8: Organisation of sports events Unit 17: Sports injuries and rehabilitation</p> <p>Unit 8 Topic Area 5: Be able to review the planning and delivery of a sports event</p> <p>STUDENTS MUST KNOW: 5.1 Review the planning and delivery of a sports event 5.2 Methods to review a sports event</p> <p>HOW THIS WILL BE ASSESSED: Written piece of coursework.</p> <p>Unit 17 Topic Area 5: Be able to plan a rehabilitation programme for a specific sports injury</p> <p>STUDENTS MUST KNOW: 5.6 Exercises that can be used as part of a rehabilitation programme 5.7 'Client-based' factors when planning a sports injury rehabilitation Programme 5.8 Assessing the needs of a client 5.9 Plan a client's rehabilitation programme 5.10 Consideration of possible adaptations to programme if it does not work as planned</p> <p>HOW THIS WILL BE ASSESSED: Written piece of coursework.</p>	<p>HALF TERM 5:</p> <p style="text-align: center;">Moderation</p>	<p>HALF TERM 6:</p>
<p>Home learning set will consist of a combination of: Embedding this knowledge can be supported at home by reviewing class notes, reading revision guide, completing set independent study tasks, watching and participating in sporting activities and understanding current issues in the sporting world.</p>		