



ASPIRE • BELIEVE • ACHIEVE



### Curriculum Overview: Sport

Year 12 Autumn Term			
What are we learning?	What knowledge, understanding and skills will we gain?	What does excellence look like?	What additional resources are available?
Unit 1 –Anatomy and Physiology	<p><b>Knowledge</b></p> <ul style="list-style-type: none"> <li>• Skeletal system</li> <li>• Muscular system</li> <li>• Respiratory system</li> <li>• Cardiovascular system</li> <li>• Energy system</li> </ul> <p><b>Understanding</b></p> <ul style="list-style-type: none"> <li>• Knowledge of the structure, function, responses and adaptations during exercise for all of the above</li> </ul> <p><b>Skills</b></p> <ul style="list-style-type: none"> <li>• Content recall</li> <li>• Memorising the systems</li> <li>• Justifying your answer to meet exam criteria</li> </ul>	<p>Enthusiasm for body systems</p> <p>Effectively apply knowledge of systems under exam conditions</p> <p>The ability to understand the function of the systems and how this might respond of adapt during exercise</p> <p>Structuring an answer to meet exam criteria</p> <p>Resilience and organisation</p>	<p>Past exam papers</p> <p><a href="https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.coursematerials.html#filterQuery=category:Pearson-UK:Category%2FSpecification-and-sample-assessments">https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.coursematerials.html#filterQuery=category:Pearson-UK:Category%2FSpecification-and-sample-assessments</a></p>