

## Curriculum Map: Year 10 BTEC Sport Unit 5

	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
<b>Topic</b>	Short-term effects of exercise on the musculoskeletal system.	Short-term effects of exercise on the cardiorespiratory system.	Long-term adaptations of the musculoskeletal system as a result of training.	Long-term adaptations of the cardiorespiratory system as a result of training.	Energy systems – ATP/CP system Glycolysis system	Energy systems – Aerobic energy system.
<b>Intent</b>	<ul style="list-style-type: none"> <li>• Develop a deep understanding of how the body works so students can understand the positive impact of physical activity and can participate safely.</li> <li>• Provide opportunities for students to extend their vocabulary and language both through using technical sporting language and standard English.</li> </ul>	<ul style="list-style-type: none"> <li>• Develop a deep understanding of how the body works so students can understand the positive impact of physical activity and can participate safely.</li> <li>• Provide opportunities for students to extend their vocabulary and language both through using technical sporting language and standard English.</li> </ul>	<ul style="list-style-type: none"> <li>• Develop a deep understanding of how the body works so students can understand the positive impact of physical activity and can participate safely.</li> <li>• Provide opportunities for students to extend their vocabulary and language both through using technical sporting language and standard English.</li> </ul>	<ul style="list-style-type: none"> <li>• Develop a deep understanding of how the body works so students can understand the positive impact of physical activity and can participate safely.</li> <li>• Provide opportunities for students to extend their vocabulary and language both through using technical sporting language and standard English.</li> </ul>	<ul style="list-style-type: none"> <li>• Develop a deep understanding of how the body works so students can understand the positive impact of physical activity and can participate safely.</li> <li>• Provide opportunities for students to extend their vocabulary and language both through using technical sporting language and standard English.</li> </ul>	<ul style="list-style-type: none"> <li>• Develop a deep understanding of how the body works so students can understand the positive impact of physical activity and can participate safely.</li> <li>• Provide opportunities for students to extend their vocabulary and language both through using technical sporting language and standard English.</li> </ul>
<b>Key Knowledge</b>	How bones, muscles and joints react when exercise begins.	How the heart, blood, blood vessels, lungs and airways react when exercise begins.	How bones, muscles and joints react when long-term training has been completed.	How the heart, blood, blood vessels, lungs and airways react long-term when training has been completed	How energy is produced when working at a high intensity, for a short period of time.	How energy is produced when working at a medium intensity, for a long period of time.

Key Skills	Describe and explain short-term effects of exercise	Describe and explain short-term effects of exercise	Describe and explain Long-term adaptations as a result of exercise.	Describe and explain Long-term adaptations as a result of exercise.	Compare and contrast how energy is produced by different types of athletes	Compare and contrast how energy is produced by different types of athletes
Key Vocabulary	Synovial fluid Cartilage Ligament Micro-tears Protein Metabolism	Cardiac Output Distribution Vasodilation Vasoconstriction Systolic Diastolic Stroke volume	Osteoporosis Hypertrophy Connective tissue Stability Synovial fluid Cartilage Ligament Micro-tears Protein Metabolism	Cardiac Output Distribution Vasodilation Vasoconstriction Systolic Diastolic Stroke volume	Adenosine-Triphosphate Creatine phosphate Glucose Glycogen Regeneration Carbohydrate Lactic Acid Respiration	Oxygen Regeneration Respiration
Key Reading	BBC Bitesize – Applied physiology <a href="https://www.bbc.co.uk/bitesize/topics/zxq7j6f">https://www.bbc.co.uk/bitesize/topics/zxq7j6f</a>					
End Point	Completed table 1 + distinction task	Completed table 2 + distinction task	Completed table 3 + distinction task	Completed table 4 + distinction task	Completed tables 5 and 6	Completed table 7
Form of Assessment	Coursework – marked against BTEC criteria	Coursework – marked against BTEC criteria	Coursework – marked against BTEC criteria	Coursework – marked against BTEC criteria	Coursework – marked against BTEC criteria	Coursework – marked against BTEC criteria
Enrichment opportunities						
Leadership opportunities						