


**PE Department - Year 12: Cambridge Technical in Sport and Physical Activity**

The first year of the Cambridge Technical Sport and Physical Activity course will be for students to study the key content of two mandatory units (1&2). They will cover key content of both units in order to prepare them for both coursework and examinations. Interventions to take place throughout the year to support student progress.						
 Shirley High Curriculum Map	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Theme/Topic/Skill:	Theme/Topic/Skill:	Theme/Topic/Skill:	Theme/Topic/Skill:	Theme/Topic/Skill:	Theme/Topic/Skill:
	Unit 1: Body Systems and the effects of physical activity Unit 17: Sports injury and rehabilitation	Unit 1: Body Systems and the effects of physical activity Unit 17: Sports injury and rehabilitation	Unit 1: Body Systems and the effects of physical activity Unit 5: Performance analysis in sport and exercise	Unit 1: Body Systems and the effects of physical activity Unit 5: Performance analysis in sport and exercise	Unit 1: Body Systems and the effects of physical activity Unit 2: Sports coaching and leadership	Unit 2: Sports coaching and leadership
Why now?	Unit 1 in order to prepare students for summer examinations. Unit 17 and 5 to complete practical and coursework elements in preparation for final submission in the summer.	Unit 1 in order to prepare students for summer examinations. Unit 17 and 5 to complete practical and coursework elements in preparation for final submission in the summer.	Unit 1 in order to prepare students for summer examinations. Unit 17 and 5 to complete practical and coursework elements in preparation for final submission in the summer.	Unit 1 in order to prepare students for summer examinations. Unit 17 and 5 to complete practical and coursework elements in preparation for final submission in the summer.	Unit 1 in order to prepare students for summer examinations. Unit 2 to complete practical and coursework elements in preparation for final submission in the summer.	Unit 2 to complete practical and coursework elements in preparation for final submission in the summer.
Fundamental Concepts	Know common sports injuries and their effects. Be able to minimise the risk of sports injuries. Be able to respond to acute sports injuries when they occur.  Understand the skeletal system in relation to exercise and physical activity	Know the role of different agencies in the treatment and rehabilitation of sports injuries. Be able to plan a rehabilitation programme for a specific sports injury  Understand the muscular system in relation to exercise and physical activity	Understand performance profiling. Be able to carry out performance profiling.  Understand the cardiovascular system in relation to exercise and physical activity	Be able to analyse performance. Be able to give feedback on sports performance  Understand the respiratory system in relation to exercise and physical activity	Know the roles and responsibilities of sports coaches and activity leaders  Understand the different energy systems in relation to exercise and physical activity	Know the roles and responsibilities of sports coaches and activity leaders
Students will...	<u>Unit 17</u>  Complete the content below:  P1:- Describe the signs and symptoms of common chronic and acute sports injuries P2: Describe possible psychological effects of suffering a sports injury M1: Analyse the link between the way in which a sports injury occurs and the physiological and psychological affect it may have on the sports person P3: Explain intrinsic and extrinsic factors which influence the risk of sports injuries P4: Take steps to minimise the risk of sports injuries occurring during a sports activity M2: Explain how appropriate warmups and cool-downs can reduce the risk of sports injuries D1: Analyse how measures to optimise player safety are recognised and legislated for in a specific sport P7: Describe the roles of different agencies and professionals involved in the rehabilitation of a sports injury M3: Explain how different agencies and professionals may be involved in the rehabilitation of different types of short, medium and long-term sports injuries  <u>Unit 1</u>  <b>The structure and function of the skeletal system:</b> <ul style="list-style-type: none"> <li>Identify the main components of the skeletal system (bones, joints, cartilage, ligaments).</li> <li>Understand the types of bones (long, short, flat, irregular) and their functions in the body.</li> <li>Discuss the role of the skeletal system in protecting vital organs, providing structure, and enabling movement.</li> </ul> <b>Bone types and their roles in movement:</b> <ul style="list-style-type: none"> <li>The role of joints in movement (synovial, fibrous, and cartilaginous joints).</li> </ul>	<u>Unit 17</u>  P8: Describe the different types of treatment that can be used to support the rehabilitation of sports injuries P9: Describe the different phases of if progress is not as expected treatment of common sports injuries P10: Plan a rehabilitation programme which is designed to support a client in their recovery from a specified sports injury M4: Justify the types and phases of treatment and related exercises within the rehabilitation programme planned with clear reference to SMART principles D2: Anticipate and explain possible adaptations that may be required to the planned rehabilitation programme if progress is not as expected.  <u>Unit 1</u>  <b>The structure and function of the muscular system:</b> <ul style="list-style-type: none"> <li>Overview of the three types of muscle tissue: skeletal, cardiac, and smooth muscles.</li> <li>The role of skeletal muscles in voluntary movement, posture, and heat production.</li> <li>The function of cardiac muscle in the heart and smooth muscle in organs (e.g., digestive system, blood vessels).</li> </ul> <b>Skeletal muscle structure and function:</b> <ul style="list-style-type: none"> <li>The structure of skeletal muscles, including muscle fibres, tendons, and the neuromuscular junction.</li> <li>The role of muscles in movement (agonist, antagonist, synergist).</li> <li>Understanding of muscle contractions (isometric, isotonic—concentric and eccentric).</li> </ul> <b>Muscle fibre types:</b> <ul style="list-style-type: none"> <li>The difference between Type I</li> </ul>	<u>Unit 5</u>  P1: Explain the performance profiling process and its purpose P2: Evaluate the different methods of recording performance profiling results M1: Explain reasons why and how the performance profiling process may be adapted P3: Undertake a personal performance profiling exercise for a selected sport P4: Undertake a performance profiling exercise for another participant in a selected sport P5: Record performance profiling results in a suitable format M2: Justify the rating of a participant's level and the method of recording performance profiling results D1: Create an action plan for improvement of weaker areas, including SMART targets and opportunities for review  <u>Unit 1</u>  <b>The structure and function of the cardiovascular system:</b> <ul style="list-style-type: none"> <li>The components of the cardiovascular system: heart, blood vessels (arteries, veins, capillaries), and blood.</li> <li>The function of the cardiovascular system in transporting oxygen, nutrients, and waste products.</li> <li>The role of the heart as a pump and its structure (atria, ventricles, valves).</li> <li>The difference between systemic and pulmonary circulation.</li> </ul> <b>Cardiac output and stroke volume:</b> <ul style="list-style-type: none"> <li>Definition of cardiac output (CO) and how it is calculated (<math>CO = \text{Heart Rate (HR)} \times \text{Stroke Volume (SV)}</math>).</li> <li>How exercise increases heart rate and stroke volume to meet</li> </ul>	<u>Unit 5</u>  P6: Select and use method(s) of analysing performance for a variety of given sports and situations P7: Select and use feedback method(s) for the identified situations M3: Compare and contrast methods of analysing performance in relation to a variety of given sports and situations justifying choices M4: Justify choice of methods for analysing performance and feedback for the identified situations D2: Analyse whether other methods may have been more suitable for the identified situations on reflection, based on outcomes  <u>Unit 1</u>  <b>The structure and function of the respiratory system:</b> <ul style="list-style-type: none"> <li>The components of the respiratory system: nose, trachea, bronchi, bronchioles, alveoli, and lungs.</li> <li>The function of the respiratory system in oxygenating the blood and removing carbon dioxide.</li> <li>The process of gas exchange in the alveoli and its role in providing oxygen to the muscles during exercise.</li> </ul> <b>Breathing mechanics:</b> <ul style="list-style-type: none"> <li>The process of inspiration (breathing in) and expiration (breathing out).</li> <li>The role of the diaphragm and intercostal muscles in controlling airflow during breathing.</li> <li>How breathing rate and depth change during physical activity to meet the body's increased oxygen demands.</li> </ul> <b>Respiratory rate and tidal volume:</b> <ul style="list-style-type: none"> <li>Definition of respiratory rate (RR) and tidal volume (TV), and how they increase during exercise to</li> </ul>	<u>Unit 2</u>  P1: Describe the roles and responsibilities of sports coaches and activity leaders P2: Describe how sports coaches and activity leaders support a healthy active lifestyle  <u>Unit 1</u>  <b>Overview of energy systems:</b> <ul style="list-style-type: none"> <li>Understanding the role of energy in physical activity and the importance of ATP (adenosine triphosphate) as the primary energy source for muscles.</li> <li>How energy is required for all bodily functions and how ATP is produced from different energy systems.</li> <li>The three main energy systems: <b>ATP-PC system</b>, <b>Anaerobic Glycolysis system</b>, and <b>Aerobic system</b>.</li> </ul> <b>ATP-PC system (Phosphocreatine system):</b> <ul style="list-style-type: none"> <li>The role of the ATP-PC system in providing immediate energy for short bursts of high-intensity exercise (e.g., sprints, weightlifting).</li> <li>How ATP is regenerated through the breakdown of phosphocreatine (PC) stored in muscles.</li> <li>The limitations of the ATP-PC system, including its short duration (10-15 seconds of maximal effort).</li> <li>The recovery process of the ATP-PC system, including the time required to replenish phosphocreatine stores (typically around 3-5 minutes).</li> </ul> <b>Anaerobic Glycolysis system (Lactic Acid system):</b>	<u>Unit 2</u>  P3: Compare the different roles and responsibilities of those involved in teaching and delivering sport

	<ul style="list-style-type: none"> <li>The different types of synovial joints (hinge, ball-and-socket, pivot, etc.) and their movements (flexion, extension, rotation).</li> </ul> <p><b>Impact of exercise on the skeletal system:</b></p> <ul style="list-style-type: none"> <li>The effect of weight-bearing exercise on bone density and strength.</li> <li>The role of exercise in preventing bone-related conditions such as osteoporosis.</li> <li>The process of bone remodelling and the role of physical activity in maintaining bone health.</li> </ul> <p><b>Joint stability and mobility:</b></p> <ul style="list-style-type: none"> <li>The importance of ligaments and tendons in joint stability.</li> <li>The role of cartilage in reducing friction and absorbing shock during movement.</li> <li>How exercise can help improve joint flexibility and reduce the risk of injury.</li> </ul> <p><b>Injuries related to the skeletal system:</b></p> <ul style="list-style-type: none"> <li>Common bone and joint injuries (fractures, dislocations, sprains, strains).</li> <li>Prevention methods to reduce the risk of skeletal system injuries during exercise.</li> <li>The process of recovery and rehabilitation for skeletal injuries.</li> </ul> <p><b>The role of the skeletal system in physical activity:</b></p> <ul style="list-style-type: none"> <li>How the skeletal system works with muscles (musculoskeletal system) to produce movement.</li> <li>The role of the skeletal system in supporting posture and balance during different physical activities.</li> </ul>	<p>(slow-twitch) and Type II (fast-twitch) muscle fibres.</p> <ul style="list-style-type: none"> <li>How muscle fibre types relate to endurance and power-based activities.</li> <li>Adaptations of muscle fibres due to training (e.g., hypertrophy and increased endurance).</li> </ul> <p><b>The role of muscles in movement:</b></p> <ul style="list-style-type: none"> <li>The interaction of muscles and bones (musculoskeletal system) to create movement.</li> <li>The importance of muscle contractions in generating force and stabilising joints.</li> <li>The use of levers in human movement and how muscles act as levers to produce movement.</li> </ul> <p><b>The effect of exercise on the muscular system:</b></p> <ul style="list-style-type: none"> <li>How exercise, particularly resistance training, promotes muscle growth and strength (hypertrophy).</li> <li>The role of aerobic exercise in improving muscle endurance and efficiency.</li> <li>Muscle adaptations to chronic exercise, including increased mitochondria and capillaries for endurance, and hypertrophy for strength.</li> </ul> <p><b>Muscle fatigue and recovery:</b></p> <ul style="list-style-type: none"> <li>The causes of muscle fatigue during exercise, including the role of lactic acid and ATP depletion.</li> <li>The importance of rest and recovery for muscle repair and the prevention of overtraining injuries.</li> <li>The role of stretching, hydration, and nutrition in muscle recovery.</li> </ul> <p><b>Injuries related to the muscular system:</b></p> <ul style="list-style-type: none"> <li>Common muscular injuries (e.g., strains, sprains, cramps, DOMS).</li> <li>Prevention methods to reduce the risk of muscular injuries during exercise (e.g., warm-ups, cool-downs, stretching).</li> <li>The process of rehabilitation for muscle injuries.</li> </ul> <p><b>The role of the muscular system in physical activity:</b></p> <ul style="list-style-type: none"> <li>How muscles work in coordination with other body systems (e.g., respiratory, cardiovascular) during exercise.</li> <li>The muscular system's</li> </ul>	<p>the body's oxygen demand.</p> <ul style="list-style-type: none"> <li>The adaptation of stroke volume and heart rate to regular physical activity.</li> </ul> <p><b>Heart rate and its response to exercise:</b></p> <ul style="list-style-type: none"> <li>How heart rate increases during physical activity to deliver more oxygen and nutrients to working muscles.</li> <li>The concept of maximum heart rate (MHR) and training zones.</li> <li>The recovery rate of heart rate post-exercise and its relevance to fitness levels.</li> </ul> <p><b>Blood pressure and exercise:</b></p> <ul style="list-style-type: none"> <li>The effect of exercise on blood pressure, including the difference between systolic and diastolic pressure.</li> <li>How exercise can lower resting blood pressure over time, improving cardiovascular health.</li> <li>The role of blood pressure in the regulation of blood flow during physical activity.</li> </ul> <p><b>The vascular system and blood flow during exercise:</b></p> <ul style="list-style-type: none"> <li>How exercise causes vasodilation (widening of blood vessels) to increase blood flow to muscles.</li> <li>The importance of capillaries in nutrient and gas exchange at the muscle level.</li> <li>The role of arteries and veins in carrying oxygenated and deoxygenated blood, respectively, and how exercise influences their function.</li> </ul> <p><b>Cardiovascular adaptations to exercise:</b></p> <ul style="list-style-type: none"> <li>How regular aerobic exercise leads to cardiovascular adaptations such as improved cardiac output, increased stroke volume, and lower resting heart rate.</li> <li>The long-term effects of exercise on the cardiovascular system, including the increase in capillary density and improved efficiency of the heart.</li> <li>The improvement of the heart's ability to pump blood (cardiac hypertrophy) in response to regular physical activity.</li> </ul> <p><b>The role of the cardiovascular system in physical activity:</b></p> <ul style="list-style-type: none"> <li>How the cardiovascular system supports</li> </ul>	<p>enhance oxygen intake.</p> <ul style="list-style-type: none"> <li>How tidal volume (the amount of air moved in and out of the lungs per breath) and respiratory rate (the number of breaths per minute) work together to increase ventilation during exercise.</li> </ul> <p><b>The role of the respiratory system in exercise:</b></p> <ul style="list-style-type: none"> <li>How the respiratory system works in tandem with the cardiovascular system to deliver oxygen to muscles and remove carbon dioxide.</li> <li>The increased demand for oxygen during exercise and how the respiratory system adapts to this demand.</li> <li>The importance of efficient oxygen transport for endurance performance in aerobic activities.</li> </ul> <p><b>Lung capacity and adaptations to exercise:</b></p> <ul style="list-style-type: none"> <li>Understanding vital capacity (VC), tidal volume (TV), and total lung capacity (TLC), and how these are affected by exercise training.</li> <li>The adaptation of the respiratory system to regular aerobic training, including increased lung efficiency and improved gas exchange.</li> <li>How regular physical activity can improve respiratory endurance and delay the onset of fatigue.</li> </ul> <p><b>Ventilatory threshold and lactate threshold:</b></p> <ul style="list-style-type: none"> <li>The concept of ventilatory threshold and how it relates to the intensity of exercise and the onset of lactate accumulation.</li> <li>How the respiratory system works to clear lactate and prevent acidosis during intense physical activity.</li> <li>The role of the respiratory system in buffering lactic acid and maintaining blood pH balance during high-intensity exercise.</li> </ul> <p><b>Effects of exercise on the respiratory system:</b></p> <ul style="list-style-type: none"> <li>The immediate and long-term effects of exercise on the respiratory system, such as increased tidal volume and respiratory rate.</li> <li>How regular aerobic exercise improves lung function and increases the efficiency of gas exchange.</li> </ul>	<ul style="list-style-type: none"> <li>The role of the anaerobic glycolysis system in providing energy for moderate to high-intensity exercise lasting from 10 seconds to around 2 minutes (e.g., 400m run, high-intensity intervals).</li> <li>How glucose (glycogen) is broken down anaerobically to form ATP and lactic acid (lactate).</li> <li>The concept of lactic acid buildup and its impact on performance, including the onset of fatigue and the "burn" sensation.</li> <li>The role of buffering systems in clearing lactate and delaying fatigue during high-intensity activity.</li> </ul> <p><b>Aerobic system:</b></p> <ul style="list-style-type: none"> <li>The role of the aerobic system in providing energy for longer-duration, lower-intensity exercise (e.g., long-distance running, cycling).</li> <li>How ATP is produced through the breakdown of carbohydrates, fats, and sometimes proteins, in the presence of oxygen.</li> <li>The process of aerobic metabolism, involving the Krebs cycle and the electron transport chain.</li> <li>The importance of oxygen delivery and efficient cardiovascular and respiratory function in supporting the aerobic system.</li> <li>The unlimited potential of the aerobic system for energy production during endurance activities.</li> </ul> <p><b>Energy system crossover:</b></p> <ul style="list-style-type: none"> <li>Understanding how the energy systems work together during physical activity, with one system primarily dominant at different times based on the intensity and duration of exercise.</li> <li>How the body transitions from anaerobic energy systems to aerobic energy systems as exercise duration increases.</li> <li>The concept of the "crossover point," where the intensity of exercise transitions from predominantly fat oxidation (aerobic) to carbohydrate oxidation (anaerobic).</li> </ul> <p><b>The impact of exercise on energy systems:</b></p> <ul style="list-style-type: none"> <li>The physiological adaptations that</li> </ul>	
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		<p>contribution to different types of physical activity (e.g., endurance, strength, flexibility exercises).</p> <ul style="list-style-type: none"> <li>The impact of muscular strength, endurance, and power on overall performance in sports and physical activities.</li> </ul>	<p>different types of exercise (aerobic vs anaerobic) by adjusting heart rate and blood flow.</p> <ul style="list-style-type: none"> <li>The cardiovascular demands of different intensities of exercise (low, moderate, high).</li> <li>The importance of the cardiovascular system in sustaining prolonged physical activity, endurance sports, and recovery.</li> </ul> <p><b>The impact of exercise on cardiovascular health:</b></p> <ul style="list-style-type: none"> <li>The role of physical activity in reducing the risk of cardiovascular diseases (CVD), including heart disease, high blood pressure, and stroke.</li> <li>The importance of maintaining a healthy cardiovascular system for overall fitness and wellbeing.</li> <li>How exercise helps to improve cholesterol levels, increase HDL (good cholesterol), and reduce LDL (bad cholesterol).</li> </ul> <p><b>Cardiovascular injuries and conditions:</b></p> <ul style="list-style-type: none"> <li>Common cardiovascular issues related to exercise, including overtraining, arrhythmias, and heart attacks.</li> <li>The importance of warm-ups and cool-downs to prevent cardiovascular strain.</li> <li>Understanding the signs of cardiovascular distress during physical activity (e.g., chest pain, dizziness, shortness of breath) and appropriate responses.</li> </ul>	<ul style="list-style-type: none"> <li>The development of stronger respiratory muscles, such as the diaphragm, with consistent physical activity.</li> </ul> <p><b>The impact of exercise on respiratory health:</b></p> <ul style="list-style-type: none"> <li>The role of physical activity in maintaining healthy lung function and preventing respiratory diseases like asthma, chronic obstructive pulmonary disease (COPD), and emphysema.</li> <li>The importance of exercise for increasing lung capacity and improving the elasticity of lung tissue.</li> <li>How exercise can help reduce symptoms of asthma and improve overall respiratory efficiency.</li> </ul> <p><b>Injuries and conditions related to the respiratory system:</b></p> <ul style="list-style-type: none"> <li>Common respiratory conditions that may affect exercise, such as asthma, bronchitis, and exercise-induced bronchoconstriction.</li> <li>The impact of poor air quality or pollution on the respiratory system during exercise.</li> <li>How to manage respiratory conditions during exercise (e.g., inhalers for asthma) and prevent exacerbations.</li> </ul> <p><b>Respiratory adaptations to training:</b></p> <ul style="list-style-type: none"> <li>The effects of regular exercise on the respiratory muscles, including improvements in diaphragm strength and efficiency.</li> <li>How endurance training leads to increased oxygen uptake (VO<sub>2</sub> max) and better respiratory adaptation during high-intensity exercise.</li> <li>The role of interval training in enhancing the efficiency of the respiratory system during both aerobic and anaerobic activities.</li> </ul>	<p>occur with regular exercise, such as increased mitochondrial density, improved oxygen delivery, and enhanced fat metabolism in the aerobic system.</p> <ul style="list-style-type: none"> <li>The role of interval training in improving both anaerobic and aerobic energy system efficiency.</li> <li>How energy systems adapt to training demands to improve endurance, power, and recovery.</li> </ul> <p><b>Recovery and energy system repletion:</b></p> <ul style="list-style-type: none"> <li>The importance of recovery for replenishing energy stores, particularly glycogen in muscles and liver after prolonged or intense exercise.</li> <li>The role of nutrition in supporting recovery, with a focus on carbohydrate and protein intake to restore glycogen and repair muscle tissue.</li> <li>The role of rest in allowing the ATP-PC system to fully regenerate and support future exercise efforts.</li> </ul> <p><b>Energy system fatigue and fatigue management:</b></p> <ul style="list-style-type: none"> <li>The causes of fatigue in different energy systems, including the accumulation of lactate in the anaerobic systems and depletion of glycogen in the aerobic system.</li> <li>Strategies for delaying fatigue, such as pacing, interval training, and proper nutrition.</li> <li>How understanding energy systems can help optimize performance and recovery during different sports and physical activities.</li> </ul>	
<p><b>Language for Life (Key terms / Vocabulary)</b></p>	<p><u>Unit 1</u></p> <p>axial skeleton; appendicular skeleton; synovial joints; ligaments; flexion; extension; agonist muscle; antagonist muscle; muscle fiber types; concentric contraction; eccentric contraction; cardiovascular system; heart rate; stroke volume; blood pressure; respiratory system; aerobic respiration; anaerobic respiration; ATP (adenosine triphosphate); lactic acid;</p>	<p><u>Unit 1</u></p> <p>axial skeleton; appendicular skeleton; synovial joints; ligaments; flexion; extension; agonist muscle; antagonist muscle; muscle fiber types; concentric contraction; eccentric contraction; cardiovascular system; heart rate; stroke volume; blood pressure; respiratory system; aerobic respiration; anaerobic respiration; ATP (adenosine triphosphate); lactic acid;</p>	<p><u>Unit 1</u></p> <p>axial skeleton; appendicular skeleton; synovial joints; ligaments; flexion; extension; agonist muscle; antagonist muscle; muscle fiber types; concentric contraction; eccentric contraction; cardiovascular system; heart rate; stroke volume; blood pressure; respiratory system; aerobic respiration; anaerobic respiration; ATP (adenosine triphosphate); lactic acid;</p>	<p><u>Unit 1</u></p> <p>axial skeleton; appendicular skeleton; synovial joints; ligaments; flexion; extension; agonist muscle; muscle fiber types; concentric contraction; eccentric contraction; cardiovascular system; heart rate; stroke volume; blood pressure; respiratory system; aerobic respiration; anaerobic respiration; ATP (adenosine triphosphate); lactic acid;</p>	<p><u>Unit 1</u></p> <p>axial skeleton; appendicular skeleton; synovial joints; ligaments; flexion; extension; agonist muscle; antagonist muscle; muscle fiber types; concentric contraction; eccentric contraction; cardiovascular system; heart rate; stroke volume; blood pressure; respiratory system; aerobic respiration; anaerobic respiration; ATP (adenosine triphosphate); lactic acid;</p>	<p><u>Unit 2</u></p> <p>roles of sports coaches; responsibilities of sports coaches; leadership styles; group dynamics; coaching principles; session planning; session delivery; session evaluation; feedback mechanisms; communication skills; motivation techniques; risk assessment; safeguarding; code of conduct; ethical considerations; inclusive</p>

	energy systems; flexibility; strength; endurance; warm-up; cool-down; acute responses; chronic adaptations; recovery; fatigue; injury prevention; biomechanics; proprioception; nutrition; hydration; training principles; specificity; overload; reversibility; motor learning; skill acquisition; intrinsic feedback; extrinsic feedback; fitness testing; performance analysis; technology in sport; inclusive coaching; adaptive sport; health promotion; sedentary behavior; mental health; exercise adherence.  <u>Unit 17</u>  chronic injury; acute injury; overuse; overtraining; poor technique; inappropriate equipment; collision; fall; overestimating ability; tennis elbow; golfer's elbow; shin splints; stress fracture; tendonitis; sprains; strains; broken bones; dislocation; torn ligament; anger; anxiety; depression; isolation; frustration; lack of confidence; extrinsic factors; intrinsic factors; physical preparation; warm-up; cool-down; fitness levels; muscle imbalances; individual variables; emergency action plan (EAP); first aid; rehabilitation programme; SMART principles; short-term injury; medium-term injury; long-term injury	energy systems; flexibility; strength; endurance; warm-up; cool-down; acute responses; chronic adaptations; recovery; fatigue; injury prevention; biomechanics; proprioception; nutrition; hydration; training principles; specificity; overload; reversibility; motor learning; skill acquisition; intrinsic feedback; extrinsic feedback; fitness testing; performance analysis; technology in sport; inclusive coaching; adaptive sport; health promotion; sedentary behavior; mental health; exercise adherence.  <u>Unit 17</u>  chronic injury; acute injury; overuse; overtraining; poor technique; inappropriate equipment; collision; fall; overestimating ability; tennis elbow; golfer's elbow; shin splints; stress fracture; tendonitis; sprains; strains; broken bones; dislocation; torn ligament; anger; anxiety; depression; isolation; frustration; lack of confidence; extrinsic factors; intrinsic factors; physical preparation; warm-up; cool-down; fitness levels; muscle imbalances; individual variables; emergency action plan (EAP); first aid; rehabilitation programme; SMART principles; short-term injury; medium-term injury; long-term injury	energy systems; flexibility; strength; endurance; warm-up; cool-down; acute responses; chronic adaptations; recovery; fatigue; injury prevention; biomechanics; proprioception; nutrition; hydration; training principles; specificity; overload; reversibility; motor learning; skill acquisition; intrinsic feedback; extrinsic feedback; fitness testing; performance analysis; technology in sport; inclusive coaching; adaptive sport; health promotion; sedentary behavior; mental health; exercise adherence.  <u>Unit 5</u>  performance profiling; notational analysis; biomechanics; video analysis; feedback mechanisms; qualitative analysis; quantitative analysis; key performance indicators (KPIs); observation techniques; data collection methods; performance evaluation; technical skills assessment; tactical analysis; psychological profiling; movement analysis; error detection; corrective strategies; athlete monitoring; training load assessment; match analysis; performance feedback; goal setting; performance improvement plans; comparative analysis; performance trends.	energy systems; flexibility; strength; endurance; warm-up; cool-down; acute responses; chronic adaptations; recovery; fatigue; injury prevention; biomechanics; proprioception; nutrition; hydration; training principles; specificity; overload; reversibility; motor learning; skill acquisition; intrinsic feedback; extrinsic feedback; fitness testing; performance analysis; technology in sport; inclusive coaching; adaptive sport; health promotion; sedentary behavior; mental health; exercise adherence.  <u>Unit 5</u>  performance profiling; notational analysis; biomechanics; video analysis; feedback mechanisms; qualitative analysis; quantitative analysis; key performance indicators (KPIs); observation techniques; data collection methods; performance evaluation; technical skills assessment; tactical analysis; psychological profiling; movement analysis; error detection; corrective strategies; athlete monitoring; training load assessment; match analysis; performance feedback; goal setting; performance improvement plans; comparative analysis; performance trends.	energy systems; flexibility; strength; endurance; warm-up; cool-down; acute responses; chronic adaptations; recovery; fatigue; injury prevention; biomechanics; proprioception; nutrition; hydration; training principles; specificity; overload; reversibility; motor learning; skill acquisition; intrinsic feedback; extrinsic feedback; fitness testing; performance analysis; technology in sport; inclusive coaching; adaptive sport; health promotion; sedentary behavior; mental health; exercise adherence.  <u>Unit 2</u>  roles of sports coaches; responsibilities of sports coaches; leadership styles; group dynamics; coaching principles; session planning; session delivery; session evaluation; feedback mechanisms; communication skills; motivation techniques; risk assessment; safeguarding; code of conduct; ethical considerations; inclusive coaching; participant development; performance analysis; reflective practice; continuing professional development (CPD); planning for progression; mentoring; adaptability; problem-solving skills; session modifications; behavior management; team cohesion; conflict resolution; participant-centered approaches; goal setting; health and safety considerations.	coaching; participant development; performance analysis; reflective practice; continuing professional development (CPD); planning for progression; mentoring; adaptability; problem-solving skills; session modifications; behavior management; team cohesion; conflict resolution; participant-centered approaches; goal setting; health and safety considerations.
<b>Extended writing Opportunities</b>	Through coursework and extended answer exam questions	Through coursework and extended answer exam questions	Through coursework and extended answer exam questions	Through coursework and extended answer exam questions	Through coursework and extended answer exam questions	Through coursework and extended answer exam questions
<b>Maths Across the Curriculum</b>	Calculations in exam units and the use of data through coursework units.	Calculations in exam units and the use of data through coursework units.	Calculations in exam units and the use of data through coursework units.	Calculations in exam units and the use of data through coursework units.	Calculations in exam units and the use of data through coursework units.	Calculations in exam units and the use of data through coursework units.
<b>Links to careers / aspirations</b>	Direct students to career pathways within the sports coaching and sports development sector.	Direct students to career pathways within the sports coaching and sports development sector.	Direct students to career pathways within the sports coaching and sports development sector.	Direct students to career pathways within the sports coaching and sports development sector.	Direct students to career pathways within the sports coaching and sports development sector.	Direct students to career pathways within the sports coaching and sports development sector.
<b>Cultural Capital Extra-curricular and trips</b>	Join clubs in the community and watch live/recorded matches. promote benefits of teamwork, building positive relationships Promote and develop etiquette and sportsmanship.	Join clubs in the community and watch live/recorded matches. promote benefits of teamwork, building positive relationships Promote and develop etiquette and sportsmanship.	Join clubs in the community and watch live/recorded matches. promote benefits of teamwork, building positive relationships Promote and develop etiquette and sportsmanship.	Join clubs in the community; watch live/recorded routines. Promote benefits of teamwork; building positive relationships Promote and develop etiquette and sportsmanship.	Join clubs in the community and watch live/recorded matches. promote benefits of teamwork, building positive relationships Promote and develop etiquette and sportsmanship.	Join clubs in the community and watch live/recorded matches. promote benefits of teamwork, building positive relationships Promote and develop etiquette and sportsmanship.
<b>Practical Application of Skills</b>	Demonstrate skills and techniques learnt in drills and game situations	Demonstrate skills and techniques learnt in drills and game situations	Demonstrate skills and techniques learnt in drills and game situations	Demonstrate skills and techniques learnt in drills and game situation	Demonstrate skills and techniques learnt in drills and game situations	Demonstrate skills and techniques learnt in drills and game situations