**NUSA**

**BTEC Tech Award in Sport, Activity and Fitness**

**Pearson 2018 Specification**

**Year 9**

**Component 1:***Understand the Body and the Supporting Technology for Sport and Activity*

**Internal Assessment**

Table 1: The table outlines the scheme of work for designed for the Pearson BTEC Technical Award in Sport, Activity and Fitness specification beginning in year 9.

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| **Week number** | **Component 1:** Understand the Body and the Supporting Technology for Sport and Activity | **Homework**  **\*links to coursework\*** | **Hand out / Hand in** | **Internal Deadlines** |
| **1** | **Course introduction and expectations of each student**   * **Literacy project: Identify, Describe and Explain** |  |  |  |
| **2** | **Learning Aim A: *Investigate the impact of sport and activity on the body systems***  **Topic A1: The Body Systems.**  **Location of major bones** |  |  |  |
| **3** | **Functions of the skeleton** |  |  |  |
| **4** | **Functions of the skeleton** | **Homework: Application of the skeletal system**  **Poster: identify the major bones and an application task.** |  |  |
| **5** | **Location of major muscles** |  |  |  |
| **6** | **Roles of muscle in movement** | **Homework: Application of the muscular system**  **Poster: identify the major muscles and an application task.** |  |  |
| **7** | **Structure of the cardiovascular system** |  |  |  |
| **8** | **Structure of the respiratory system** |  |  |  |
| **October half term** | | | | |
| **1** | **Functions of the cardiorespiratory system** |  |  | **Y9 - PC1** |
| **2** | **Functions of the cardiorespiratory system** | **Homework: Structure and function of the cardiorespiratory system.** |  |  |
| **3** | **Topic A2: Physiological impact of engagement in sport and activity on the body systems.**  **Long term effects of exercise on the cardiorespiratory system** |  |  |  |
| **4** | **Long term effects of exercise on the musculoskeletal system** |  |  |  |
| **5** | **Learning Aim A: Coursework**  **Poster / Leaflet / PowerPoint** | **Attend coursework intervention.** | **Hand out LA.A** |  |
| **6** | **Learning Aim A: Coursework**  **Poster / Leaflet / PowerPoint** | **Attend coursework intervention.** |  |  |
| **Christmas holidays** | | | | |
| **1** | **Learning Aim A: Coursework**  **Poster / Leaflet / PowerPoint** | **Attend coursework intervention.** | **Hand in LA.A** | **1 week to mark LA.A** |
| **2** | **Learning Aim A: Coursework**  **Feedback to students and give them opportunity to make corrections/ improvements.** | **Attend coursework intervention to make corrections / improvements to coursework.** | **Final Submission LA.A** | **IV Sample LA.A – Hand to ROO Friday** |
| **3** | **Learning Aim B: Explore common injuries in sport and activity and methods of rehabilitation.**  **Topic B1: Common sporting injuries**  **The importance of a warm up and cool down** |  |  |  |
| **4** | **Common injuries: basic** |  |  | **Y9 – PC2** |
| **5** | **Common injuries: complex** | **Homework: Newspaper article highlighting common injuries for a selected sport.** |  |  |
| **6** | **Topic B2: Causes of common sporting injuries**  **Causes of common sporting injuries**  ***(physiological, psychological, environmental, equipment, people related, coaching)*** |  |  |  |
| **February half term** | | | | |
| **1** | **Causes of common sporting injuries**  ***(physiological, psychological, environmental, equipment, people related, coaching)*** | **Homework: Poster identify and describing causes of common injuries.** |  |  |
| **2** | **Topic B3: Management and rehabilitation of common sporting injuries**  **Physiological and psychological** |  |  |  |
| **3** | **Basic rehabilitation / use of technology in rehabilitation** |  |  |  |
| **4** | **Learning Aim B: Coursework**  **Poster / Newspaper Article / Leaflet** | **Attend coursework intervention.** | **Hand out LA.B** |  |
| **5** | **Learning Aim B: Coursework**  **Poster / Newspaper Article / Leaflet** | **Attend coursework intervention.** |  |  |
| **6** | **Learning Aim B: Coursework**  **Poster / Newspaper Article / Leaflet** | **Attend coursework intervention.** | **Hand in LA.B** | **1 week to mark LA.B** |
| **Easter half term** | | | | |
| **1** | **Learning Aim B: Coursework**  **Feedback to students and give them opportunity to make corrections/ improvements.** | **Attend coursework intervention to make corrections / improvements to coursework.** | **Final submission LA.B** | **IV Sample LA.B – Hand to ROO Friday** |
| **2** | **Learning Aim C: Understand the use of technology for sport and activity**  **Topic C1: Different types of technology for sport and activity**  **Different types of technology** | **Homework: Poster describing the different types of technology used in a selected sport.** |  |  |
| **3** | **Topic C2: The benefits of technology on improving body systems for sport and activity**  **The performer** |  |  |  |
| **4** | **The coach/ manager and the officials** |  |  |  |
| **5** | **Topic C3: Limitations of technology to sport and activity**  **The performer** | **Homework: Application task linked to the benefits of technology.** |  |  |
| **Half term** | | | | |
| **1** | **The coach / manager** |  |  |  |
| **2** | **The officials** |  |  |  |
| **3** | **Learning Aim C: Coursework**  **Written assignment: Describe and analyse the different types of technology. Benefits and limitations of technological advances in spor**t. | **Attend coursework intervention.** | **Hand out LA.C** | **Y9- PC3** |
| **4** | **Learning Aim C: Coursework**  **Written assignment: Describe and analyse the different types of technology. Benefits and limitations of technological advances in spor**t. | **Attend coursework intervention.** |  |  |
| **5** | **Learning Aim C: Coursework**  **Written assignment: Describe and analyse the different types of technology. Benefits and limitations of technological advances in spor**t. | **Attend coursework intervention.** | **Hand in LA.C** | **1 week to mark LA.C** |
| **6** | **Learning Aim C: Coursework**  **Feedback to students and give them opportunity to make corrections/ improvements.** | **Attend coursework intervention to make corrections / improvements to coursework.** | **Final submission LA.C** | **IV Sample LA.C – Hand to ROO Friday** |
| **7** | **Activities Week** | | | |
| **End of school year** | | | | |