

Year 11 PE – L2 CTEC Sport Science

The Sport Science course has been designed to build on knowledge and experience of PE and sport from Key Stage 3 and develop knowledge and understanding to help prepare students for further study of CTEC Sport at Level 3. In Year 11 Unit 3 builds on the effects of training programmes from Unit 2 in Y10 and allows students to gain new knowledge about how the body systems function and respond to exercise. Unit 4 supports students in gaining new knowledge about the psychological side of sport.

Methods of deepening and securing knowledge:

Retrieval practice	Retrieval tasks are the most commonly used method to support long-term learning. Retrieval tasks are regularly used at the start of lessons to support students in recalling key information from knowledge organisers to include in their assignments.
Concrete examples	In every lesson students are encouraged to know specific sporting examples so they are able to easily apply their understanding to a range of sports activities and situations and include these concrete examples in their assignments.

	Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
Topic(s)	Unit 3 The body's response to physical activity		Unit 4 Sport Psychology			
	LO1 Musculo-skeletal (M-S) and cardio-respiratory (C-R) systems C-R system: - Heart, blood and blood vessels - HR & blood pressure - Lungs & breathing - Respiration LO2 The importance of the M-S and C-R systems in health and fitness	LO3 Short-term effects of physical activity - Short-term effects on the musculo-skeletal and cardio-respiratory systems - Ways to measure and record effects - Recording outcomes (objective and subjective) LO4 Long-term effects of physical activity	LO1 Personality and sports performance - Definitions of personality - Extrovert and introvert - Links between personality and sport - The trait approach - Observed or social learning theory LO2 Motivation and sports performance	LO3 How aggression can affect sports performance - Definition of aggression - Types of aggression - Reasons for aggression - Theories of aggression LO4 The impact of arousal and anxiety on sports performance	LO5 Sport psychology strategies to enhance performance - Goal setting - Mental rehearsal, imagery - Relaxation techniques - Appropriate strategies for specific people - Assessing effectiveness	

	<ul style="list-style-type: none"> - Benefits of C-R fitness in everyday life - Benefits of muscular strength and flexibility - Benefits of muscular endurance 	<ul style="list-style-type: none"> - Long-term effects on the musculo-skeletal and cardio-respiratory systems - Ways to measure and record effects 	<ul style="list-style-type: none"> - Definitions of motivation - Intrinsic motivation - Extrinsic motivation - Achievement motivation - Implications for sport and exercise 	<ul style="list-style-type: none"> - Explanation of arousal - Arousal theories: - Methods for measuring anxiety 		
Assessment	<ul style="list-style-type: none"> - Task 2.1b Poster on C-R system - Task 2.2 Health & fitness factsheets 	<ul style="list-style-type: none"> - Task 2.3 Results table, observations and written report (short-term effects) - Task 2.4 Results table, observations and written report (long-term effects) 	<ul style="list-style-type: none"> - Task 4.1 Posters on personality - Task 4.2 Presentation on motivation 	<ul style="list-style-type: none"> - Task 4.3 Leaflet on aggression in sport - Task 4.4 Posters on arousal theories and written report on anxiety test results 	<ul style="list-style-type: none"> - Task 4.5 Presentation on strategies and written report on test subject 	
CEIAG (<i>Careers that are linked to that topic</i>)	<ul style="list-style-type: none"> PE teacher Personal trainer 		<ul style="list-style-type: none"> - Sports coach - Sports psychologist 			

Homework:
Homework supports students to develop and deepen their learning to produce their very best work. There are different types of homework set in CTEC Sport Science to help students complete their coursework assignments (e.g. research tasks, mock assignments and responding to feedback to improve assignments).