Curriculum Map: Cambridge Technical Sports and Physical Activity Year 12

	Autumn 1 Autumn 2			**Spring 1 Spring 2**			**Summer 1 Summer 2**		
Content Declarative knowledge 'I Know'	Unit 1 – Body systems and the effects of physical activity	Unit 3 – Sports organisation and development	Unit 12 – Nutrition and diet for sport and exercise	Unit 1 – Body systems and the effects of physical activity	Unit 3 – Sports organisation and development	Unit 12 – Nutrition and diet for sport and exercise	Unit 1 – Body systems and the effects of physical activity	Unit 3 – Sports organisation and development	Unit 12 – Nutrition and diet for sport and exercise **(External moderation to be completed)**
	Understand the skeletal system in relation to exercise and physical activity Understand the muscular system in relation to exercise and physical activity	Understand how sport in the UK is organised Understand sports development	Understand the principles and importance of a balanced diet Understand energy balance	Understand the cardiovascular system in relation to exercise and physical activity Understand the respiratory system in relation to exercise and physical activity	Understand how the impact of sports development can be measured	Understand the importance of hydration in sport and exercise Know the effects of supplements on diet and performance in sport and exercise Understand the psychology of healthy eating	Understand the different energy systems in relation to exercise and physical activity	Understand sports development in practice	
Skills Procedural Knowledge 'I know how to'	Identify the axial and appendicular skeletons List the functions of the skeleton and the link to types of bone List the main muscles acting at synovial joints	Explain the organisations involved in sport in the UK Identify Roles & responsibilities of sports organisations in the UK Identify International organisations which impact UK sport Understand how the different organisations interact	Outline the components of a healthy balanced diet, including recommended guidelines from public health sources associated with nutrition Analyse how energy balance and hydration needs differ across a number of different sports	Explain the structures of the heart and their roles Identify stroke volume, heart rate and cardiac output Clearly identify structure of blood vessels	Explain the possible measures used for level of performance & participation and the impact on society Understand the methods of measuring performance & participation	Describe the supplements different individuals may use and what effects this could have on their performance in sport or exercise Outline why eating disorders can be more common in some sports and the effects on the individual's performance	Identify the three energy systems Understand the energy continuum and how intensity and duration of exercise determines which energy system is predominant	Explain the methods of delivering sports development Identify the organisations involved Identify the methods of promoting sport	

Strategies Conditional Knowledge 'I know when to'	Identify the type of bone and how it relates to the function Consider that in some areas of the body there are different types of joints working together Link the structures and functions of synovial joints	Show an appreciation of the nature of interactions between different sports organisations, both in the UK and overseas. Consider the different reasons for participation and non-participation for the different groups identified	Select an elite sports performer, outline their nutritional, calorific and hydration needs at different times of the year/season and how their diet, training and performance can be supported by the use of legal supplements	Understand the directional flow of blood through the heart and the role of each of the structures in this. Explain short-term effects includes during and immediately after exercise and physical activity.	Consider a wide range of factors will affect how, why and the extent to which the impact of particular sports development activity is measured	Describe the psychological factors that affect people's eating habits	Be able to place different types of activities on the continuum and justify the placement	Show the advantages and disadvantages of sports development initiatives and events Consider the benefits of sports development to the sport/performers/ participants
Key Questions	Explain how the type of bone relates to the function it has Can you explain how the muscles acting at synovial joints support the joint movements?	Do I know the organisation of sport in the UK and can I explain the impact it has? Do I understand the concept of sports development? How will an athlete progress up through the sports development pyramid? Do you understand the funding of sport in the UK?	Can you explain the energy balance and the calorific requirements for different groups?	Can you label the structures of the heart and their roles? Can you explain the impact of physical activity, training and lifestyle on the cardiovascular system?	What is the purpose of measurement? Can you name the specific target groups and what methods are put in place to support them?	Explain the importance of hydration to performance in sport and exercise?	Can you name the three energy systems? Can you place different types of activities on the continuum and justify the placement?	Can you consider the benefits for the groups? What are the levels of accountability?
Assessment topics	External exam	External exam	Assignment 1 Assignment 2 Assignment 3	External exam	External exam	Assignment 4 Assignment 5	External exam	External exam
Cross curricular links/Character Education	Learners undertake projects, exercises and/or assessments/examination set with input from industry practitioners			Learners take one or more units delivered or co-delivered by an industry practitioner			Learners attending careers fairs, events or other networking opportunities	