



**YEAR 11 BTEC PE**

HALF TERM 1	HALF TERM 2	HALF TERM 3	HALF TERM 4	HALF TERM 5
<b><u>UNIT 5</u></b> <b><u>THE PERFORMER IN ACTION</u></b>	<b><u>UNIT 5</u></b> <b><u>THE PERFORMER IN ACTION</u></b>	<b><u>UNIT 5</u></b> <b><u>THE PERFORMER IN ACTION</u></b>	<b><u>UNIT 3</u></b> <b><u>TRAINING FOR PERSONAL FITNESS</u></b>	<b><u>UNIT 3</u></b> <b><u>TRAINING FOR PERSONAL FITNESS</u></b>
<b>Short term effects of exercise on the musculoskeletal system</b>	<b>Long term adaptations of the musculoskeletal system</b>	<b>Energy systems used during sport and exercise</b>	<b>Implementation of training programme</b>	<b>Review of programme</b>
<ul style="list-style-type: none"> <li>• Production of synovial fluid</li> <li>• Increased range of movement at a joint</li> <li>• Microtears in muscle fibres</li> <li>• New bone formation</li> <li>• Increased metabolic activity</li> </ul>	<ul style="list-style-type: none"> <li>• Hypertrophy</li> <li>• Increased bone density</li> <li>• Decreased risk of osteoporosis</li> <li>• Increase in joint stability</li> <li>• Strengthening of connective tissues</li> <li>• Increased thickness of cartilage</li> <li>• Improved posture</li> <li>• Increased mitochondria</li> </ul>	<ul style="list-style-type: none"> <li>• Anaerobic energy system</li> <li>• ATP-PC Anaerobic system</li> <li>• Glycolysis/Lactic acid system</li> <li>• Aerobic system</li> </ul>	<ul style="list-style-type: none"> <li>• Correct and safe use of equipment</li> <li>• Measuring intensity of exercise</li> <li>• Recording results</li> <li>• Creation of a training diary</li> </ul> <p><b>Measuring success</b></p> <ul style="list-style-type: none"> <li>• Motivation</li> <li>• Confidence</li> <li>• Overload</li> <li>• Variation</li> </ul>	<ul style="list-style-type: none"> <li>• Strengths</li> <li>• Areas for improvement</li> <li>• Modifications and adaptations</li> <li>• Future recommendations</li> </ul>
<b>Short term effects of exercise on the cardiovascular system</b>	<b>Long term adaptations of the cardiorespiratory system</b>	<b><u>UNIT 3</u></b> <b><u>TRAINING FOR PERSONAL FITNESS</u></b>	<b>Effects of training</b>	
		<b>Planning a personal training programme</b>		
<ul style="list-style-type: none"> <li>• Increased heart rate</li> <li>• Increased breathing rate</li> <li>• Increased blood flow</li> <li>• Sweat production</li> </ul>	<ul style="list-style-type: none"> <li>• Decreased resting heart rate</li> <li>• Cardiac hypertrophy</li> <li>• Increased stroke volume</li> <li>• Decreased resting heart rate</li> </ul>	<p><b>Personal information</b></p> <ul style="list-style-type: none"> <li>• SMART Targets</li> <li>• Goal setting – short/medium/long</li> <li>• Medical, lifestyle and health screening</li> </ul>	<ul style="list-style-type: none"> <li>• Major muscles</li> <li>• Major bones</li> <li>• Joints</li> <li>• Short term responses to training on the musculoskeletal system</li> </ul>	



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<ul style="list-style-type: none"><li>• Skin reddening</li><li>• Re-distribution of blood flow</li><li>• Production of lactic acid</li><li>• Increased cardiac output</li><li>• Increased blood pressure</li><li>• Increased tidal volume</li></ul>	<ul style="list-style-type: none"><li>• Decreased risk of hypertension</li><li>• Increased vital capacity</li><li>• Increased efficiency of Oxygen delivery and removal of waste products</li><li>• Increased VO2 MAX</li><li>• Increased gaseous exchange efficiency</li></ul>	<b>Programme design</b> <ul style="list-style-type: none"><li>• Training methods</li><li>• Safety</li><li>• Application of FITT principle</li><li>• Warm up</li><li>• Cool down</li><li>• Intensity measurements (HR/Borg scale/RPE)</li></ul>	<ul style="list-style-type: none"><li>• Structure of Cardiovascular system</li><li>• Structure of the Respiratory system</li><li>• Short term responses to exercise on the cardiovascular system</li></ul>	
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