

**PHYSICAL EDUCATION PoS BTEC Sport Year 11 HT 1-4**

Students will colour code as they work through the scheme of work.

Students will learn about... Sports performers in Action		
<b>Grade – L1</b> Students will be able to identify and state some examples of the following:	<b>Grade – L2 Pass</b> Students will be able to explain and state examples of the following:	<b>Grade – L2 Distinction</b> Students will be able to critically evaluate and use examples to support the following:
<p><b>Short term effects of exercise on the musculoskeletal system</b></p> <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>	<p><b>Short term effects of exercise on the musculoskeletal system</b></p> <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>	<p><b>Short term effects of exercise on the musculoskeletal system</b></p> <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>
<p><b>Short term effects of exercise on the cardiovascular system</b></p> <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> <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>	<p><b>Short term effects of exercise on the cardiovascular system</b></p> <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> <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>	<p><b>Short term effects of exercise on the cardiovascular system</b></p> <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> <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>
<p><b>Long term adaptations of the musculoskeletal system</b></p> <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> </ul>	<p><b>Long term adaptations of the musculoskeletal system</b></p> <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> </ul>	<p><b>Long term adaptations of the musculoskeletal system</b></p> <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> </ul>

<p>Increased thickness of cartilage Improved posture Increased mitochondria</p> <p><b>Long term adaptations of the cardiorespiratory system</b></p> <p>Decreased resting heart rate Cardiac hypertrophy Increased stroke volume Decreased resting heart rate Decreased risk of hypertension Increased vital capacity Increased efficiency of Oxygen delivery and removal of waste products Increased V02 MAX Increased gaseous exchange efficiency</p> <p><b>Energy systems used during sport and exercise</b></p> <p>Anaerobic energy system ATP-PC Anaerobic system Glycolysis/Lactic acid system Aerobic system</p>	<p>Increased thickness of cartilage Improved posture Increased mitochondria</p> <p><b>Long term adaptations of the cardiorespiratory system</b></p> <p>Decreased resting heart rate Cardiac hypertrophy Increased stroke volume Decreased resting heart rate Decreased risk of hypertension Increased vital capacity Increased efficiency of Oxygen delivery and removal of waste products Increased V02 MAX Increased gaseous exchange efficiency</p> <p><b>Energy systems used during sport and exercise</b></p> <p>Anaerobic energy system ATP-PC Anaerobic system Glycolysis/Lactic acid system Aerobic system</p>	<p>Increased thickness of cartilage Improved posture Increased mitochondria</p> <p><b>Long term adaptations of the cardiorespiratory system</b></p> <p>Decreased resting heart rate Cardiac hypertrophy Increased stroke volume Decreased resting heart rate Decreased risk of hypertension Increased vital capacity Increased efficiency of Oxygen delivery and removal of waste products Increased V02 MAX Increased gaseous exchange efficiency</p> <p><b>Energy systems used during sport and exercise</b></p> <p>Anaerobic energy system ATP-PC Anaerobic system Glycolysis/Lactic acid system Aerobic system</p>
<p><b>Assessment</b> <b>2 assignments, classwork, and homework</b></p>		