



# Y13 ROADMAP – LEVEL 3 SPORT & PHYSICAL ACTIVITY

**Subject Aim:** This course provides students with practical opportunities to develop relevant core knowledge and skills. Students further develop their skills through specialist pathways that help them deliver sport and physical activity to a wide range of participants.

<b>TERM 1</b>	<p><b>How is the musculoskeletal system affected by physical activity?</b></p> <p>You will begin Unit 1 Body Systems learning all of the muscles and bones in the body, the types of synovial joints and their function and the structure and function of the vertebral column. You will also consider the impact of physical activity, training and lifestyle on the skeletal and muscular body systems.</p>	 <b>ASSESSMENT</b> <ul style="list-style-type: none"> <li>• Most lessons will test your knowledge using a variety of activities including Knowledge Tests, Q&amp;A and exam questions.</li> <li>• Coursework lessons will be assessed through ongoing assignments to meet P,M,D criteria.</li> <li>• Unit 1 mandatory examination unit will be assessed in January with a resit opportunity in summer.</li> <li>• Unit 17 coursework unit will be assessed across terms 2-5 with moderation in term 6.</li> </ul>
<b>TERM 2</b>	<p><b>How is the cardiorespiratory system affected by physical activity?</b></p> <p>Building on knowledge from last term in Unit 1, you will look at the structure and function of the cardiovascular and respiratory systems and how energy is made in the body. You will also consider the impact of physical activity, and training on the skeletal and muscular body systems.</p>	
<b>TERM 3</b>	<p><b>How can I get the most out of the exam series?</b></p> <p>You will sit your Unit 1 exam at the beginning of this term. You will have plenty of practice using past exam questions with a particular focus on how to answer the extended questions. Following that, you will start Unit 17 sports injuries coursework.</p>	
<b>TERM 4</b>	<p><b>What is the difference between acute and chronic injuries?</b></p> <p>You will begin by looking at the common causes, signs and symptoms of acute and chronic injuries. You will consider the intrinsic and extrinsic factors which can influence the risk of injury and how these can be minimised through risk assessments.</p>	 <b>INDEPENDENT LEARNING</b> <ul style="list-style-type: none"> <li>• Knowledge Organisers are expected to be used weekly to support the learning and recap of key vocabulary as the course progresses.</li> <li>• There will be opportunities to practice crucial retrieval and revision skills with various resources and templates provided.</li> <li>• For some of the lessons there will be flipped learning tasks to prepare for you the lesson content.</li> <li>• You will need to manage your time effectively in order to meet deadlines.</li> </ul>
<b>TERM 5</b>	<p><b>How do you treat and monitor sports injuries?</b></p> <p>You will continue your coursework with a particular focus on how you respond to sports injuries occurring on the field of play and how a rehabilitation plan can be used by professionals to facilitate the treatment of injuries.</p>	
<b>TERM 6</b>	<p><b>Have I achieved my target grade?</b></p> <p>This term will see you prepare for your Unit 17 coursework moderation by checking your assignments and preparing your portfolio for submission. You must ensure you have completed and achieved the criteria in order to reach your target grade.</p>	



## ENRICHMENT

We will be looking at various options to get out and about this year, so watch this space!

### What Next?

Following the completion of this course you will be able to continue studying Sport at University with an undergraduate degree. You also have the opportunity to undertake apprenticeships in Sports Coaching.