

Subject:	Physical Education L3 Btec Unit 2		Year Group:	12	
Scheme title	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half term 6
	Unit 2, A1- Lifestyle factors & effect on health A2- Negative lifestyle factors & effect on health	Unit 2, B- Screening processes for training programmes nutritional strategies	C- Diet &	Unit 2, D- Components of fitness to be trained	Unit 2, E- Principles of training methods
Purpose of scheme	A Examine lifestyle factors and their effect on health and wellbeing	B Understand the screening processes for training programming C Understand programme-related nutritional needs	D Examine training methods for different components of fitness	E Examine training methods for different components of fitness	F Understand training programme design
Knowledge in sequence	A1 Positive lifestyle factors and their effects on health and well-being - Understand the importance of lifestyle factors in the maintenance of health and well-being. A2 Negative lifestyle factors and their effects on health and well-being- Understand the factors contributing to an unhealthy lifestyle. A3 Lifestyle modification techniques - Understand how lifestyle modification techniques can be used to reduce unhealthy lifestyle behaviours. 2.A1 - Physical benefits. Objectives = Define the key terms, Learn and group the benefits of exercise, Apply to your own 'Part A'. 3.A2 - Drink, smoking, stress 4.A2 & A3 - Drink, smoking, stress continued 5.A3 - Drink, smoking, stress continued	B1 Screening Processes - Be able to interpret the lifestyle of a selected individual using appropriate screening documentation, and know when to refer the individual to a doctor. B2 Health monitoring tests Be able to interpret health monitoring results of a selected individual using normative data - and make appropriate recommendations. B3 Interpreting the results of health monitoring tests - Be able to interpret health monitoring data against health norms and make judgements. 6.B1 - Lifestyle questionnaire & PAR-Q 7.B1 - Health screening research 8.B1 - Screening for training programmes 9.B2 - Health monitoring tests 10.B3 - HR development tests C1 Common terminology- Understand common nutritional terminology. C2 Components of a balanced diet - Understand the requirements of a balanced diet. C3 Nutritional strategies for individuals taking part in training programmes – Diet to gain/ lose weight, ergogenic aids, sports drinks. 11.E1 - Introduction to nutrition 12.E1 - Nutritional terminology 13.E2 - Food labels & food plate 14.E2 - Practical food task 15.E2 & C3 - Macro & Micro nutrients 16.E3 - Hydration 17.Revision topic A to C	D1 Components of fitness to be trained - Physical fitness – understand the components of physical fitness and the application of each component in a fitness training context. D1.1 Skill-related fitness - Understand the components of skill-related fitness and the application of each component in a fitness training context.	D2 Training methods for physical fitness-related components - Appropriate training methods to be included in the design of a training programme. Indoor and outdoor environments to be considered, with associated equipment, to allow for a variety of methods of exercising. Advantages and disadvantages of training methods to be considered when applied to a specific sport and exercise goal. D3 Training methods for skill-related fitness components - Appropriate training methods included in the design of a training programme. 18.Revision and exam practice 19.D1 & D1.1 - Fitness training intensity 20.D2 - Practical methods of training 21.D2 - Methods of training continued 22.D2 - Weight training research 23.D3 - SRF methods of training 24.D - Method of training question practice	E1 Principles of fitness training programme design - Be able to design a fitness training programme including all the major components. 25.E1 – Question 4 26.E1 – Question 5 27.E1 – Question 6
Skills	The assessment for this unit should draw on knowledge, understanding and skills developed from: Unit 1 : Anatomy and Physiology Unit 3 : Professional Development in the Sports Industry Unit 4 : Sports Leadership Unit 5 : Application of Fitness Testing Unit 12 : Self-employment in the Sports Industry Unit 13 : Instructing Gym-based Exercise Unit 14 : Exercise and Circuit-based Physical Activity. This unit would relate to teaching of: Unit 6 : Sports Psychology Unit 17 : Sports Injury Management	The assessment for this unit should draw on knowledge, understanding and skills developed from: Unit 1 : Anatomy and Physiology Unit 3 : Professional Development in the Sports Industry Unit 4 : Sports Leadership Unit 5 : Application of Fitness Testing Unit 12 : Self-employment in the Sports Industry Unit 13 : Instructing Gym-based Exercise Unit 14 : Exercise and Circuit-based Physical Activity. This unit would relate to teaching of: Unit 6 : Sports Psychology Unit 17 : Sports Injury Management	The assessment for this unit should draw on knowledge, understanding and skills developed from: Unit 1 : Anatomy and Physiology Unit 3 : Professional Development in the Sports Industry Unit 4 : Sports Leadership Unit 5 : Application of Fitness Testing Unit 12 : Self-employment in the Sports Industry Unit 13 : Instructing Gym-based Exercise Unit 14 : Exercise and Circuit-based Physical Activity. This unit would relate to teaching of: Unit 6 : Sports Psychology Unit 17 : Sports Injury Management	The assessment for this unit should draw on knowledge, understanding and skills developed from: Unit 1 : Anatomy and Physiology Unit 3 : Professional Development in the Sports Industry Unit 4 : Sports Leadership Unit 5 : Application of Fitness Testing Unit 12 : Self-employment in the Sports Industry Unit 13 : Instructing Gym-based Exercise Unit 14 : Exercise and Circuit-based Physical Activity. This unit would relate to teaching of: Unit 6 : Sports Psychology Unit 17 : Sports Injury Management	The assessment for this unit should draw on knowledge, understanding and skills developed from: Unit 1 : Anatomy and Physiology Unit 3 : Professional Development in the Sports Industry Unit 4 : Sports Leadership Unit 5 : Application of Fitness Testing Unit 12 : Self-employment in the Sports Industry Unit 13 : Instructing Gym-based Exercise Unit 14 : Exercise and Circuit-based Physical Activity. This unit would relate to teaching of: Unit 6 : Sports Psychology Unit 17 : Sports Injury Management
Key Words	Assessment key words Interpretation - Learners are able to draw the meaning, purpose or qualities of something from stimulus.  Justification - Learners give reasons or evidence to: • support an opinion and/or decision • prove something right or reasonable. Qualitative evidence - Descriptive information from interviews or questionnaires. Quantitative evidence - Numerical or statistical information. Relevance - Importance to the matter at hand. Content key words Physical activity - Is any activity that increases expenditure above resting level Physical activity - Is any activity that increases expenditure above resting level Exercise - Is physical activity with more structure and is usually undertaken for fitness gains Sedentary lifestyle - Is a type of lifestyle with no or irregular physical activity CHD – Coronary heart disease Endorphins – Feel good hormone released during exercise PAR-Q - Physical activity readiness questionnaires to determine health & fitness BMI - Body mass index reading RDA - Recommended daily allowance of food groups Macro Nutrients – the larger ones (Fats, carbs, Protein) Micro nutrients – the smaller ones PNF - proprioceptive neuromuscular facilitation Periodisation - How long to plan training for	Assessment key words Interpretation - Learners are able to draw the meaning, purpose or qualities of something from stimulus.  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End Point	Evaluate lifestyle factors and their effect on health and well-being	Analyse and interpret screening information relating to an individual's lifestyle questionnaire and health monitoring tests. Apply knowledge and understanding nutritional requirements to an individual's needs and goals	Demonstrate knowledge of the physical and skill related components of fitness	Apply knowledge and understanding of training methods to an individual's needs and goals	develop a fitness training programme with appropriate justification
Assessment method	Summative: Assessment 1 (Q1)	Summative : Assessment 2 (Q1&2) Formative : using topic to C to answer long mark Q's	Summative : Assessment 3 (Q1,2&3) Formative : components of fitness booklet	Summative : Assessment (Q1,2,3&4) Formative : components of fitness booklet	Summative : Assessment 5 (Q1,2,3,4&5) Summative : Assessment 6: (Q1,2,3,4,5&6) Unit 2 EXAM