

Year 12 Sport Learning Programme 2

| | | |
|--|--|---|
| <p>The LORIC skill focus for his LP is: ORGANISATION The Moral Virtues focus for this LP are: COMPASSION and HONESTY Compassion - the quality of feeling pity and concern for the sufferings or misfortunes of others. Honesty - the quality of being truthful.</p> <p>What will I be learning about in this Learning Programme? about the different muscle types voluntary muscles and where they are located on the body; about how muscles work and move in pairs, the different fibre types and how they create movement; about the different fibre types that are found in the body and how they create movement.</p> <p>Where have I seen this learning before? Some muscles of the muscular system along with the short term responses and long term adaptations of exercise will have been taught in BTEC Sport Level 2</p> <p>What could I use it for? I will be able to apply my knowledge in my Unit 1 assessment as well as in career pathways such as Sports Science, Physiotherapy and Sports Coaching.</p> | | <p>Literacy:</p> <ul style="list-style-type: none"> Capital letters must be used at the start of sentences and for the first letter of proper nouns Full stops must be used at the end of a sentence Question marks must be used at the end of a question Apostrophes should only be used for possession or omission Days of the week and months must be spelled correctly Key words must be spelled correctly |
| <p>In LP2.1, I will know: 21/10/24 - (WK 2)</p> <p>and understand the different types of muscle and be able to explain their use in sport; compare the characteristics and functions of cardiac, skeletal and smooth muscle types.</p> | <p>Key Vocabulary</p> <p>Cardiac Muscle</p> | <p>Homework</p> <p>TheEverlearner.com (2.1) - Muscle Types</p> |
| <p>In LP2.2, I will know: 04/11/24 - (WK 1)</p> <p>and understand the major muscles in the body; accurately label all muscles; Analyse how muscles work in together to produce sporting movement.</p> | <p>Key Vocabulary</p> <p>Tibialis Anterior</p> | <p>Homework</p> <p>TheEverlearner.com (2.2) - Location of Muscles</p> |
| <p>LP2 RLW, I will: 11/11/24 - (WK 2)</p> <p>review my learning, recalling and applying key knowledge, and focus on closing any gaps in my knowledge.</p> | <p>Key Vocabulary</p> <p>Strategy</p> | <p>Homework</p> <p>TheEverlearner.com (2.3) - Review data Analysis on TheEverlearner.com</p> |
| <p>In LP2.3, I will know: 18/11/24 - (WK 1)</p> <p>what is meant by the term antagonistic muscles; define and explain what a 'agonist', 'antagonist', 'synergist' and a fixator is; discuss how these muscle types aid sporting movements.</p> <p>Extended Task.</p> | <p>Key Vocabulary</p> <p>Synergist</p> | <p>Homework</p> <p>TheEverlearner.com (2.4) - Role of Muscles</p> |
| <p>In LP2.4, I will know: 25/11/24 - (WK 2)</p> <p>how skeletal muscles contract in sporting situations; define and explain the terms 'isometric', 'concentric', 'eccentric'. complete an end of unit assessment looking at all of the learning from September. PRT set on the Exam Simulator based on sub topic areas where there are gaps in knowledge</p> | <p>Key Vocabulary</p> <p>Eccentric</p> | <p>Homework</p> <p>TheEverlearner.com (2.5) - Types of Contraction</p> |
| <p>In LP2.5, I will know: 02/12/24 - (WK 1)</p> <p>how to analyse the different fibre types and how the type of fibre that is recruited during sporting performance; compare the characteristics and functions of type I, type IIa and type IIx muscle fibres.</p> | <p>Key Vocabulary</p> <p>Fast Twitch Glycolytic</p> | <p>Homework</p> <p>TheEverlearner.com (2.6) - Muscle Fibre Type</p> |
| <p>In LP2.6, I will know: 09/12/24 - (WK 2)</p> <p>review the learning that I have completed and the results of my assessment and note all areas for improvement; complete a range of tasks using the Exam Simulator to help me improve in my weaker areas.</p> <p>Extended Task.</p> | <p>Key Vocabulary</p> <p>Analysis</p> | <p>Homework</p> <p>TheEverlearner.com (2.7) - Revision Task set on TheEverlearner.com</p> |
| <p>In LP2.7, I will know: 16/12/24 - (WK 1)</p> <p>the acute responses of the muscular system to a single sport or exercise session; the adaptations to the muscular system to a single sport or exercise session; the additional factors that impact the muscular system.</p> | <p>Key Vocabulary</p> <p>Sarcopenia</p> | <p>Homework</p> <p>TheEverlearner.com (2.8) - Responses and Adaptations of Exercise on the Muscular System and Additional Factors</p> |
| <p>Resources to support learning: Knowledge Organisers / TheEverlearner.com / BTEC Sport - Unit 1 - Anatomy and Physiology Text book, Revision Guide, and Website for past exam papers, mark schemes and examiners reports https://theeverlearner.com https://qualifications.pearson.com/en/qualifications/btec-nationals/sport-2016.html</p> | | |
| <p>FEET Award Challenge for this Learning Programme: Name all 18 muscles without support</p> | | |

