The Ellesmere Port C of E College

Part of the Frank Field Education Trust

Year 12 PE - Anatomy & Physiology
Learning Programme 3

The LORIC skill focus for his LP is: RESILIENCE
The Moral Virtues focus for this LP are: RESPECT and JUSTICE

Respect - treat others how you would wish to be treated yourself.
Justice - our College rules are fair and reasonable.

What will I be learning about in this Learning Programme?
about the mechanics of the respiratory muscles and pressure changes that bring about movement of air into and out of the lungs
about Lung Volumes and how breathing rate and depth is controlled by neural and chemical factors.
about the repsonses of adaptations to exercise on the repiratory system and the addditional factors that effect it.

Where have I seen this learning before?
Some structurees and functions of the respiratory system system along with the short term responses and long term adaptations of exercise will have been taught in BTEC Sport Level 2

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.

Literacy:
- 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

In LP3.1, I will know: 06/01/25 - (WK 2)	**Key Vocabulary**	**Homework**
the function of the respiratory system in response to exercise and sports performance. including the Mechanisms of breathing (inspiration and expiration) at rest and during exercise.	Diaphragm	TheEverlearner.com (3.1) Mechanis of Breathing
In LP3.2, I will know: 13/01/25 - (WK 1)	**Key Vocabulary**	**Homework**
the function of the respiratory system in response to exercise and sports performance. including Gaseous Exchange and how the alveoli and cappilaries make excellent respiratory surfaces for duffusion of oxygen and carbon dioxide to take place	Partial Pressure	TheEverlearner.com (3.2) - Gaseous Exchange
In LP3.3, I will know: 20/01/25 - (WK 2)	**Key Vocabulary**	**Homework**
review my learning, recalling and applying key knowledge, and focus on closing any gaps in my knowledge.	Review	TheEverlearner.com (3.3) - Review data Analysis on TheEverlearner.com
In LP3.4, I will know: 27/01/25 - (WK 1)	**Key Vocabulary**	**Homework**
- lung volumes and the changes that occur in response to exercise and sports performance; - the terms, tidal volume, vital capacity, residual volume, total lung volume and pulmonary ventilation;; - how exercise can affect our lung volumes. Extended Task.	Tidal Voume	TheEverlearner.com (3.4) - Lumg Voumes
In LP3.5, I will know: 03/02/25 - (WK 2)	**Key Vocabulary**	**Homework**
- how breathing rate is controlled in response to exercise and sports performance; - what is meant by the term 'neural' and 'chemical; in relation to the exercise and sports performance; complete a formative assessment reviewing all of the learning from September. PRT set on the Exam Simulator based on sub topic areas where there are gaps in knowledge.	Chemorecptor	TheEverlearner.com (3.5) - Control of Breathing Rate
In LP3.6, I will know: 10/02/25 - (WK 1)	**Key Vocabulary**	**Homework**
the responses of the respiratory system to a single sport or exercise session; the key terms 'increased breathing rate' and 'increased tidal volume';	Fast Twitch Glycolytic	TheEverlearner.com (3.6) - Responses to Exercise on the Respiratory System
LP3 RLW, I will: 24/02/25 - (WK 2)		
review my learning, recalling and applying key knowledge, and focus on closing any gaps in my knowledge.	Analysis	TheEverlearner.com (3.7) - Adaptations to Exercise on the Respiratory System
In LP3.7, I will know: 03/03/25 - (WK 1)	**Key Vocabulary**	**Homework**
- the addiotnal factors that affect the respiratory system and their impact on exercise and sports performance; - understand the affect of asthma and altitude on the respiratory system. Extended Task.	Sarcopenia	TheEverlearner.com (3.8) - Additional Factors

PRT Task 1

PRT Task 2

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

FFET Award Challenge for this Learning Programme:

Name all 12 respiratory structures without support