

## Year 12 BTEC Sport - Unit 2

### Learning Programme 5

<p>The LORIC skill focus for this LP is: COMMUNICATION.</p> <p>The Moral Virtues focus for this LP are: COURAGE and HUMILITY.</p> <p>Courage - Acting with bravery and overcoming fears.</p> <p>Humility - Having a modest view of oneself.</p> <p><b>What will I be learning about in this Learning Programme?</b> Pupils will understand the importance of a balanced diet and Physical Activity Pupils will learn about alcohol, and stress and the effects of each on health Pupils will understand the difference between the positive and negative lifestyle factors</p> <p><b>Where have I seen this learning before?</b> During Component 1 of the BTEC Sport Level 2 course.</p> <p><b>What could I use it for?</b> To complete my exam in Year 13 and to help me lead a healthy and active lifestyle.</p>		<p><b>Literacy:</b></p> <ul style="list-style-type: none"> <li>• Capital letters must be used at the start of sentences and for the first letter of proper nouns</li> <li>• Full stops must be used at the end of a sentence</li> <li>• Question marks must be used at the end of a question</li> <li>• Apostrophes should only be used for possession or omission</li> <li>• Days of the week and months must be spelled correctly</li> <li>• Key words must be spelled correctly</li> </ul>
<p><b>In LP5.1, I will know:</b> 12/05/25 - (WK 1)</p> <p>Students will learn about the course demands and the assessment procedures Students will develop their understanding of how the course is laid out with grading criteria.</p>	<p><b>Key Vocabulary</b></p> <p>Pass, Merit, Distinction</p>	<p><b>Homework</b></p> <p>Research Task on the Everlearner.</p>
<p><b>In LP5.2, I will know:</b> 19/05/25 - (WK 2)</p> <p>Pupils will understand the importance of a balanced diet and Physical Activity. Pupils will discuss the importance of a balanced diet including fluid intake. Pupils will write an explanation of the benefits of engaging in a PA lifestyle.</p>	<p><b>Key Vocabulary</b></p> <p>Balanced Diet</p>	<p><b>Homework</b></p> <p>Check point on the Everlearner.</p>
<p><b>LP5 RLW, I will:</b> 02/06/25 - (WK 1)</p> <p>review my learning, recalling and applying key knowledge, and focus on closing any gaps in my knowledge.</p>		
<p><b>In LP5.3, I will know:</b> 09/05/25 - (WK 2)</p> <p>Pupils will understand the government guidelines for Alcohol, PA, Sleep and Diet Pupils will understand what positive risk taking activities are and their benefit on a Pearson's health</p> <p>Extended Task.</p>	<p><b>Key Vocabulary</b></p>	<p><b>Homework</b></p> <p>Check point on the Everlearner.</p>
<p><b>In LP5.4, I will know:</b> 16/06/25 - (WK 1)</p> <p>Pupils will learn about alcohol, and stress and the effects of each on health Pupils will understand the difference between the positive and negative lifestyle factors</p>	<p><b>Key Vocabulary</b></p> <p>Lifestyle Factor</p>	<p><b>Homework</b></p> <p>Check point on the Everlearner.</p>
<p><b>In LP5.5, I will know:</b> 23/06/25 - (WK 2)</p> <p>Pupils will develop their understanding of smoking and its impact on health and wellbeing Pupils will develop their understanding of sleep and its impact on health and wellbeing</p>	<p><b>Key Vocabulary</b></p> <p>Wellbeing</p>	<p><b>Homework</b></p> <p>Check point on the Everlearner.</p>
<p><b>In LP5.6, I will know:</b> 30/06/25 - (WK 1)</p> <p>Pupils will understand what a sedentary lifestyle is and its impact on health and well being; Pupils will recap the government guidelines for PA and discuss reasons for increasing obesity in England; Pupils will evaluate their own levels of PA against the government guidelines.</p> <p>Extended Task.</p>	<p><b>Key Vocabulary</b></p> <p>Obesity</p>	<p><b>Homework</b></p> <p>Check point on the Everlearner.</p>
<p><b>In LP5.7, I will know:</b> 07/06/25 - (WK 2)</p> <p>Pupils will understand what blood pressure is and how it is measured; Pupils will develop their understanding of what resting heart rate is and what this tells us about a persons health.</p>	<p><b>Key Vocabulary</b></p> <p>Heart rate</p>	<p><b>Homework</b></p> <p>Check point on the Everlearner.</p>
<p><b>Resources to support learning:</b> BTEC Sport student textbook and exercise book The Everlearner Knowledge Organiser</p>		
<p><b>FFET Award Challenge for this Learning Programme:</b> Use your skill session plan to lead an extra-curricular activity within PE.</p>		

