

Year 12 Sport Learning Programme 4

<p>The LORIC skill focus for this LP is: INITIATIVE. The Moral Virtues focus for this LP are: INTEGRITY and GRATITUDE.</p> <p>Integrity - Having strong moral principles. I will show integrity by taking responsibility for my actions. Gratitude - Feeling and expressing thanks. I will show gratitude by saying please and thank you.</p> <p>What will I be learning about in this Learning Programme? During this LP, I will be finishing working towards completing learning aim D, cardiorespiratory system and starting to work towards learning aim E, energy systems.</p> <p>Where have I seen this learning before? The effects of exercise and sports performance on the cardiovascular and energy systems during my core PE and BTEC Level 2 work.</p> <p>What could I use it for? Demonstrate understanding of each body system, the short- and long-term effects of sport and exercise on each system.</p>		<p>Literacy Non-Negotiables:</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 • Vocabulary to be taught using the Frayer model
<p>In LP4.1, I will know: 09/03/26 - (WK 2)</p> <p>D3 – Nervous Control of the Cardiac Cycle; The Sinoatrial Node (SAN); The Atrioventricular Node (AVN); The Bundle of His and Purkinje Fibres;</p>	<p>Frayer Model Words</p> <p>Cardiac Cycle</p>	<p>Homework</p> <p>Everlearner task set.</p>
<p>In LP4.2, I will know: 16/03/26 - (WK 1)</p> <p>D4 – Responses of the Cardiovascular System to a Single Sport or Exercise Session; Anticipatory Increase in Heart Rate Prior to Exercise; Increased Heart Rate; Increased Cardiac Output;</p>	<p>Frayer Model Words</p> <p>Response</p>	<p>Homework</p> <p>Everlearner task set.</p>
<p>In LP4.3, I will know: 23/03/26 - (WK 2)</p> <p>D4 – Adaptations of the Cardiovascular System Due to Exercise; Cardiac hypertrophy, Increase in resting and exercising stroke volume, Decrease in resting heart rate, Reduction in resting blood pressure, Decreased heart rate recovery time, Capillarisation of skeletal muscle and alveoli, Increased blood volume.</p> <p>Extended Task.</p>	<p>Frayer Model Words</p> <p>Adaptations</p>	<p>Homework</p> <p>Everlearner task set.</p>
<p>In LP4.4, I will know: 13/04/26 - (WK 1)</p> <p>D5 – Additional Factors Affecting the Cardiovascular System; Sudden Arrhythmic Death Syndrome (SADS); High and Low Blood Pressure (Hypertension and Hypotension).</p>	<p>Frayer Model Words</p> <p>Blood Pressure</p>	<p>Homework</p> <p>Everlearner task set.</p>
<p>In LP4.5, I will know: 20/04/26 - (WK 2)</p> <p>Learning Aim E – Energy Systems; introduction to energy systems.</p>	<p>Frayer Model Words</p> <p>Energy Systems</p>	<p>Homework</p> <p>Everlearner task set.</p>
<p>In LP4.6, I will know: 27/04/26 - (WK 1)</p> <p>Learning Aim E1 – The role of ATP in exercise; ATP; ATP – Structure and Function.</p> <p>Extended Task.</p>	<p>Frayer Model Words</p> <p>ATP</p>	<p>Homework</p> <p>Everlearner task set.</p>
<p>In LP4.7, I will know: 04/05/26 - (WK 2)</p> <p>E 2 - The ATP-PC (alactic) system in exercise and sports performance.</p>	<p>Frayer Model Words</p> <p>Creatine</p>	<p>Homework</p> <p>Everlearner task set.</p>
<p>Resources to support learning: www.topendsports.com - knowledge organiser - National Text Book</p>		
<p>FFET Award Challenge for this Learning Programme: LP4 Year 12 Sport: Apply your leadership skills in KS3 extra-curricular clubs.</p>		

