

Unit 1 Fitness for Sport



Skills, knowledge and understanding to be developed in this Learning Plan:

Begin to develop and embed knowledge and understanding of the different body systems including their structure and function.

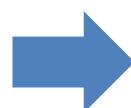
Develop an understanding of the short and long term effects of exercise on the different body systems.

Key terms to be learned in this LP:

Cardiovascular System
Respiratory System
Muscular-skeletal system

Week/Wythnos 1 Learning Objectives: Structure of the body Systems

- Learners should understand cardio-vascular system – location of atria, ventricles, vena cava, aorta, pulmonary artery, pulmonary vein
- Learners should begin to understand the cardio-respiratory system – location of larynx, trachea, bronchus, bronchioles, alveoli, lungs, diaphragm, intercostal muscles



Objective assessments:

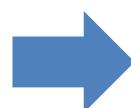
- Label the different structures
- Describe the function of the structures

Homework/Gwaith cartref:

Set:
Due:

Week/Wythnos 2 Learning Objectives: Understanding that the multistore model of memory and its components

- Learners should develop knowledge of the muscular-skeletal system – location of major muscle groups
- Learners should know the location of major bones of the body
- Learner should begin to understand the different functions of the skeleton as well as the main joints.



Objective assessments:

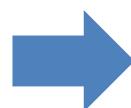
- Recall and describe the main functions of the muscular skeletal system
- Recall and label the appropriate muscles and bones

Homework/Gwaith cartref:

Set:
Due:

Week/Wythnos 3 Learning Objectives: Understanding the functions of the cardio-respiratory system

- Learners should develop an understanding the main functions of the cardiovascular system including the process by which blood is transported to and from the heart
- Learners should develop an understanding of the respiratory system, including how we breathe



Objective assessments:

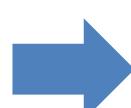
- Recall and describe what the main functions of the cardio-respiratory systems
- Answer lower order questions using recall and retrieval.
- Explain using examples the processes of the circulatory and respiratory systems.

Homework/Gwaith cartref:

Set:

Week/Wythnos 4 Learning Objectives: Understanding the types of movement created and associated with sports.

- Learners should understand the types of movement, antagonistic action at the knee and elbow, muscle attachment, protection and structure and shape of the body



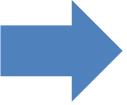
Objective assessments:

- Recall the methods used in Murdock's study.
- Describe the outcomes of the study
- Evaluate Murdock's study using specific
- Be able to draw the serial position curve describing the outcomes.

Homework/Gwaith cartref:

Set:
Due:

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<p>Week/Wythnos 5 Learning Objectives: Develop an understanding of muscle fibre type and energy systems.</p> <ul style="list-style-type: none"> • Develop an understanding of characteristics of the muscle fibre types – slow/fast type I, type II, and how these are linked to aerobic and anaerobic sports and activities • Develop an understanding of the characteristics of the three main energy systems and explain where each can be found in sport. 		<p>Objective assessments:</p> <ul style="list-style-type: none"> -Recall and describe the rethe characteristics of muscle fibres -Identify where each muscle fibre plays its roles in contracting -Recall the three energy systems used in sport, matching the system to the appropriate type of activity. 	<p>Homework/Gwaith cartref:</p> <p>Set: Due:</p>
<p>Week/Wythnos 6 Learning Objectives: Develop an understanding of the Short Term effects of Exercising</p> <ul style="list-style-type: none"> • Develop an underdtanding of the short term effects of exercise on each of the body systems. • Develop an understanding of the long term adaptations of exercise on the body system 		<p>Objective assessments:</p> <p>Be able to:</p> <ul style="list-style-type: none"> -Describe the short effects of exercise, using examples to support their knowledge. Describe using examples the long term adaptations of exercise on the body. 	<p>Homework/Gwaith cartref:</p> <p>Set: Due:</p>
<p>Week/Wythnos 7 Learning Objectives:</p> <ul style="list-style-type: none"> • <i>Assessment- Pupils complete a range of past paper questions on the previous content.</i> 		<p>Objective assessments:</p> <p>Be able to:</p> <ul style="list-style-type: none"> - Recall and retrieve information based on the learned content. 	<p>Homework/Gwaith cartref:</p> <p>Set: Due:</p>