

Subject	BTEC Sport
Context / relevance	<p>The following tasks will prepare you for your Yr12 studies in BTEC Sport. In September you will start with Unit 1 Anatomy & Physiology, here, there will be topics you recognise from GCSE PE and Biology such as the muscular-skeletal and cardio-respiratory systems, as well as new topics such as the energy systems. You will gain a full appreciation of how the body is able to take part in sport and exercise through understanding the interrelationships between these body systems.</p> <ul style="list-style-type: none"> • Skeletal Systems • Muscular Systems • Respiratory Systems • Cardiovascular Systems • Energy Systems
Securing	<p><u>Key vocabulary - Worksheet 1</u></p> <p>1. Using the core vocabulary worksheet make flashcards for key skeletal and respiratory system terminology to aid learning of key vocabulary and definitions.</p> <p>During Unit 1 you will refer to all these terms regularly throughout the first half term therefore it is important you have a good understanding and can recall the meanings with confidence.</p> <p><i>You will be tested on these words during the first two weeks of Year 12.</i></p>
Processing & Exploring	<p><u>Knowledge Maps – Worksheet 2</u></p> <p>1. Watch the YouTube videos and complete all tasks for the skeletal, muscular, respiratory and cardiovascular systems.</p> <p>2. Complete reading on Energy Systems page 49-50 and summarise key findings:</p> <ul style="list-style-type: none"> • The role of APT during exercise • The ATP – PC System • The Lactate System
Reviewing	<p><u>What have you learned, and what do you want to know?</u></p> <p>1. Write down 5 things that you have learnt about each of the five body systems.</p> <p>2. Write down 5 things that you want to find out / explore further.</p>