



## Year 11

# Route to Success

### Bourne End Academy: Curriculum Guide

[Route to Success Parent Evening Video:](#)

*[Introduction: Ms Arnold - click here](#)*

*[Preparing for the year ahead: Ms Cowley - click here](#)*

*[Guidance on effective learning strategies: click here](#)*

Head of year: Ms Laura Arnold



## Personal Development Curriculum Intent



Year 11 marks a pivotal point in a student's education, preparing them for choices at a Post 16 level amongst a period where they will sit their first formal set of exams to showcase their **academic** attainment level. We believe that learning should be promoted as an activity which is **engaging**, rewarding and an aspect of school life that fosters an **inquisitive nature**.

At Bourne End Academy, we passionately believe that all students have the ability and opportunity to be **successful** in all areas of school life, and as a result they should feel a sense of **accomplishment** and **pride**. With a rich and varied curriculum, that students have now chosen to follow, we want to foster their **passion** for learning and inspire the next generation of **future leaders**, fostering the skills to be resilient as well as collaborative in this process.

The personal development curriculum pulls together three important aspects:

1. Guidance on professional behaviours and roadmaps to future careers
2. Our RSE curriculum alongside a focus on pupils' moral, cultural, spiritual, emotional, and physical development at school will enable students to become an all rounded Bourne End Academy **graduate**.
3. The development of confidence, effective learning strategies and a growth mind-set are a centre point to pivot from in both pastoral as well as academic curriculums.

# Exam board subject specific updates for summer 2022 exams

*Last updated: June 2021*

Some GCSE exams subjects have made changes to the assessable content or requirements for completion of the summer 2022 exam series. We anticipate this will continue to be updated. We will communicate all changes with students and parents at the earliest possible stage.

There has currently been **no changes to the format or duration of exams** but we do expect this to be reviewed and confirmed before September.

Subject	Details	Last updated
English Language	Ofqual have removed the requirement for teachers to submit an audio-visual recording of a sample of students undertaking their spoken language assessments in GCSE English language	16th June
Food and Nutrition	Remove NEA1 and permit an earlier release of NEA2. To reduce the requirements for NEA2 to 2 dishes to be completed within 3 hours to allow for students to use complex processes such as baking, lamination, making ice-cream and to accommodate public health restrictions.	16th June
Geography	Removal of requirement of mandatory fieldwork. Questions related to fieldwork will be removed from the exam.	16th June
Spanish	Exam boards will not have to include vocabulary that is not on the vocabulary lists for assessments in GCSE modern foreign languages (MFL). Teachers and students should prepare for spoken language in 2022 to be assessed in the normal way, through formal speaking tests.	16th June

# English

EXAM BOARD: AQA

HEAD OF DEPARTMENT: MR NICHOLAS PIGOTT

## HOMEWORK EXPECTATIONS

All homework will be completed online through 'Bedrock Learning'. Students are required to complete three 'Bedrock Learning' tasks a week. All students have been provided with log in details. Likewise, form tutors will be provided with copies of log in details and therefore, if account details are misplaced, it is the responsibility of your child to - in the first instance - speak to their form tutor at the start of the day in order to re-acquire their account details. If there are any technical issues with being able to complete homework, your child will be expected to contact their English teacher 24 hours before the due date of their homework.

## ASSESSMENT OVERVIEW – ENGLISH LANGUAGE

**AQA Language Paper 1: Explorations in creative reading and writing.AQA**

**Language Paper 2: Writers' viewpoints and perspectives.**

## ASSESSMENT OVERVIEW – ENGLISH LITERATURE

**AQA Literature Paper 1: Shakespeare and the 19<sup>th</sup> century novel.AQA**

**Literature Paper 2: Modern texts and poetry.**

## SUGGESTED ADDITIONAL RESOURCES

**Revision materials (all available on Amazon):**

- CGP: GCSE English Language complete revision and practice
- AQA English GCSE practice papers
- Revise AQA English GCSE revision cards
- AQA GCSE English Language book 1
- AQA GCSE English Language book 2

# Mathematics

EXAM BOARD: EDEXCEL

HEAD OF DEPARTMENT: MR CRAIG CAMPBELL

## HOMEWORK EXPECTATIONS

Homework will be set using our online platform Dr Frost. Pupils will be set 1 hour of Hegarty tasks each week to complete. Pupils are expected to score 80% in each quiz or watch the online lesson again and retake the quiz until this is achieved.

## ASSESSMENT OVERVIEW

Each examination paper will take elements from the following content,

1. Number
2. Algebra
3. Ratio, Proportion and Rates of Change
4. Geometry and Measures
5. Probability
6. Statistics

### Assessment Objectives

1. Use and apply standard techniques
  - i. accurately recall facts, terminology and definitions
  - ii. use and interpret notation correctly
  - iii. accurately carry out routine procedures or set tasks requiring multi-step solutions.
2. Reason, interpret and communicate mathematically
  - i. make deductions, inferences and draw conclusions from mathematical information
  - ii. construct chains of reasoning to achieve a given result
  - iii. interpret and communicate information accurately
3. Solve problems within mathematics and in other contexts
  - i. translate problems in mathematical or nonmathematical contexts into a process or a series of mathematical processes
  - ii. make and use connections between different parts of mathematics
  - iii. interpret results in the context of the given problem
  - iv. evaluate methods used and results obtained

### Examinations

Paper 1 (Non-Calculator)	80 marks	1 Hour 30 minutes
Paper 2 (Calculator)	80 Marks	1 Hour 30 minutes
Paper 3 (Calculator)	80 Marks	1 Hour 30 minutes

## SUGGESTED ADDITIONAL RESOURCES

**onMaths Website:** [www.onmaths.com](http://www.onmaths.com), **MathedUp Website:** [www.mathedup.co.uk/](http://www.mathedup.co.uk/),

**iRevise Website:** [www.irevise.com/](http://www.irevise.com/) **Brainscape Website:** [www.brainscape.com](http://www.brainscape.com),

**Maths Genie Website:** [www.mathsgenie.co.uk](http://www.mathsgenie.co.uk), **Dr Frost Website :** [www.drfrust.com](http://www.drfrust.com)

# Science

EXAM BOARD: AQA

HEAD OF DEPARTMENT: MS RACHEL GRAY

## HOMEWORK EXPECTATIONS

There are 2 pieces of Science homework a week:

1. **Learning core questions** – students should spend about 15 minutes a day learning core questions of topics they have previously studied. These are facts and are best learnt using flash cards, self-testing or the student being tested by someone they live with.
2. **Seneca assignments** – this is an online resource used to test the students' knowledge of the topic they are currently studying. An assignment should take about 30 minutes.

## ASSESSMENT OVERVIEW

All students will take a science course equivalent to at least 2 GCSEs. Pupils will either be entered for Combined Trilogy where pupils will receive 2 GCSEs or Separate sciences(triple science) where students will achieve 3 GCSEs – Biology, Chemistry & Physics.

### Exam Board: AQA Combined Science Trilogy (8464)

Students taking Combined Science Trilogy will achieve two GCSEs. There are **six equally weighted linear exam papers**; two biology, two chemistry and two physics. Each of the papers will assess knowledge and understanding from distinct topic areas. All exams will last for one hour fifteen minutes.

### Exam Board: AQA Biology, Chemistry and Physics Qualifications (8461, 8462, 8463)

Students taking triple science will achieve three individual GCSEs; one in biology, one in chemistry and one in physics. Each of the six papers will assess knowledge and understanding from distinct topic areas. All exams will last for one hour 45 minutes.

## SUGGESTED ADDITIONAL RESOURCES

1. Free Science Lessons [https://www.youtube.com/channel/UCqbOeHaAUXw9ll7sBVG3\\_bw](https://www.youtube.com/channel/UCqbOeHaAUXw9ll7sBVG3_bw)
2. Cognito youtube <https://www.youtube.com/channel/UCaGEe4KXZrjou9kQx6ezG2w>
3. Seneca – you can 'start learning' any topic from GCSE science
4. BBC Bitesize – AQA GCSE science - <https://www.bbc.co.uk/bitesize/examspecs/z8r997h>
5. Doodle Science <https://www.youtube.com/user/DoodleScience>
6. Oak Academy - <https://classroom.thenational.academy/subjects-by-key-stage/key-stage-4>
7. GCSE Physics Online <https://www.gcsephysicsonline.com/aqa>
8. Maths and Physics tutor (also has biology and chemistry on as well) <https://www.physicsandmathstutor.com/>
9. My GCSE Science videos <https://www.youtube.com/user/mygcse-science>

# Art & Design: Fine Art Year 11

EXAM BOARD: EDEXCEL

HEAD OF DEPARTMENT: MRS NOREEN BENNETT

## HOMework EXPECTATIONS

Homework will consist mainly of independent study continuing from classroom enquiry. Homework is an essential part of the GCSE as the coursework element of this course is demanding. Therefore, if you choose not to complete it you are instantly limiting your overall grade. You will be set one piece of homework a week, and you are expected to spend at least 3 hours completing this. Your homework will form a valuable part of your attainment and overall grade.

The outcomes from independent study can be used by teachers to identify common misconceptions and gaps in knowledge that can help plan subsequent lessons.

Independent research projects will also be set as homework to further deepen pupil's learning and develop links with contemporary issues. These will be set once a composite.

## ASSESSMENT OVERVIEW

**Component 1 – Coursework: The Natural World (60%)**

**Component 2 – External Exam theme set by EDEXCEL (40%)**

## SUGGESTED ADDITIONAL RESOURCES

The BBC's Bitesize pages are an excellent starting point for those needing help with their GCSE Art & Design coursework and exams. <https://www.bbc.co.uk/bitesize/subjects/z6hs34j>

Past sketchbooks can also provide inspiration for how to present one's work through the use of different calligraphy styles and page layouts.

<https://www.pinterest.co.uk/studentartguide/beautiful-igcse-gcse-art/>

This video is particularly interesting in that it shows a successful GCSE art student showing page by page of her work and providing tips on the requirements of a professional looking sketchbook. [https://www.youtube.com/watch?v=7q\\_NU6qRI6A](https://www.youtube.com/watch?v=7q_NU6qRI6A)

This site is a compilation of past exemplar material created by GCSE Art & Design students for their final exam. Find material from the years 2011 to 2005.

<http://www.juliastubbs.co.uk/exemplar-material/gcse-exemplar-material-1.html>

# Business

EXAM BOARD: AQA

HEAD OF DEPARTMENT: MS WAJID RAJA

## HOMEWORK EXPECTATIONS

GCSE Business homework consists of four independent tasks:

1. Pre-reading of the topic PP and completion of the associated notes booklet
2. Completion of a topic revision summary sheet
3. Answering an exam QS as directed by your class teacher
4. Completion of a MS Forms knowledge quiz

The GCSE Business specification aims to ensure that a learner explores real business issues and how businesses work.

To ensure students have up-to-date knowledge we strongly recommend students download the BBC News app and turn on notifications for the News-Business headlines.

## ASSESSMENT OVERVIEW

**Paper 1– Operations and HR (50%)**

**Paper 2 – Marketing and Finance (50%)**

## SUGGESTED ADDITIONAL RESOURCES

BBC Bitesize and Tutorzu have created a large collection of revision materials, including tests, and case studies for learners to work through. This is an excellent opportunity to consolidate knowledge and to test understanding.

<https://www.bbc.co.uk/bitesize/examspecs/zvwb382>

[https://www.youtube.com/watch?v=KA\\_xlFX1Njo&list=PLp8BSCLLWBUCYeHDKb2N2MVDar54Qparx](https://www.youtube.com/watch?v=KA_xlFX1Njo&list=PLp8BSCLLWBUCYeHDKb2N2MVDar54Qparx)

# Constructing the built environment

EXAM BOARD: WJEC

HEAD OF DEPARTMENT: MR GRAHAM EVANS

## HOMEWORK EXPECTATIONS

A weekly homework quiz will be set on Microsoft forms. This will consolidate the theory undertaken that week in lessons to prepare for the written assessment piece. Research based tasks will also be given throughout the course in year 11 as we progress through the practical coursework element.

## ASSESSMENT OVERVIEW

### **Exam Board: WJEC Level 1/2 Vocational Award in Constructing the Built Environment**

The qualification is assessed continually throughout the two years. There are 3 assignments in total, two of which are internally assessed, one unit which is completed in a controlled environment through an exam paper.

#### Unit 1 Safety and security in construction

Construction activities take place in many different contexts. Through this unit, learners will gain the knowledge and understanding to be able to plan how to minimise risk to their own and others health and safety in different contexts.

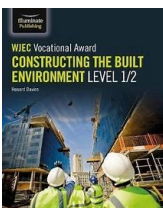
#### Unit 2 Developing Construction Projects

Through this unit learners will be able to interpret technical information to plan the refurbishment of a building, taking account of health and safety issues. They will use appropriate skills and techniques to carry out the refurbishment.

#### Unit 3 Planning construction projects

Through this synoptic unit, learners will use learning from the development of practical skills and health and safety requirements of construction processes and gain the knowledge and understanding needed to plan straightforward built environment development projects.

## SUGGESTED ADDITIONAL RESOURCES



WJEC Vocational Award- Constructing the built environment Level 1/2 by Howard Davis.



# Dance

EXAM BOARD: PEARSON BTEC  
HEAD OF DEPARTMENT: MR MEADOWS

## HOMEWORK EXPECTATIONS

Homework will be set once a week. It will consist of independent research tasks and preparation for practical work. As the course is continually assessed it is an essential requirement that all homework tasks are completed. The final qualification will be assessed on practical and research tasks completed during lessons and as independent study and homework completion is an essential part of this process.

## ASSESSMENT OVERVIEW

### PEARSON LEVEL 2 TECHNICAL AWARD IN PERFORMING ARTS (ACTING)

The course is assessed over three components.

1. **Exploring the Performing Arts** (30% internally assessed) Over the course of this unit students will study three separate styles of performance. They will evaluate the different directorial intentions and requirements of each style and will be assessed through research tasks, practical workshops, and performance. They will participate in theatre trips and observations of existing repertoire developing an understanding of its stylistic features. Students will also study the range of roles and responsibilities required to develop professional performances.
2. **Developing Skills and Techniques in the Performing Arts** (30% internally assessed) This unit will research the role of the actor and comprises of workshops designed to develop skills as a performer. Assessment is primarily practical and is comprised of observations of practical workshops and a final performance in November of Year 11
3. **Performing to a Brief** (40% externally assessed) Students are set a brief by the exam board and expected to develop a 7–15-minute performance between January and May of Year 11. Assessment will comprise of a final performance and three written research logs evaluating the process of development and performance.

## SUGGESTED ADDITIONAL RESOURCES

### Videos

You will be able to access various videos online through [www.youtube.com](http://www.youtube.com). You may want to explore videos of the professional repertoire being studied and additional exercises to help improve technique.

*Companies that are used as part of critical appreciation are as follows:*

*New Adventures, Akram Khan Company, ZooNation Dance Company, Christopher Bruce, Boy Blue Entertainment*

*With the dance world every changing, Sadlers Wells Theatre is a great tool to keep up to date with new and emerging dance acts*

# Drama

EXAM BOARD: PEARSON BTEC  
HEAD OF DEPARTMENT: MR MEADOWS

## HOMEWORK EXPECTATIONS

Homework will be set once a week. It will consist of independent research tasks and preparation for practical work. As the course is continually assessed it is an essential requirement that all homework tasks are completed. The final qualification will be assessed on practical and research tasks completed during lessons and as independent study and homework completion is an essential part of this process.

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## SUGGESTED ADDITIONAL RESOURCES

*Professional repertoire studied for Component 1 include the following plays.*

*DNA by Dennis Kelly, The Woman in Black by Stephen Mallatrat, The Trial by Steven Berkoff*

Over component 1 we will be studying the styles of Naturalism, Epic Theatre and Berthold Brecht and Physical Theatre. An excellent introduction to the styles can be found on BBC bitesize.

<https://www.bbc.co.uk/bitesize/topics/zm72pv4>

Further advice and guidance for Devising Theatre as required in Component 3 can be found here.

<https://www.bbc.co.uk/bitesize/guides/z34mvcw/revision/8>

VideosL You will be able to access various videos online through [www.youtube.com](http://www.youtube.com). You may want to explore videos of the professional repertoire being studied and additional exercises to help improve technique.

# Food Preparation & Nutrition

EXAM BOARD: EDUQAS

HEAD OF DEPARTMENT: MRS N BENNETT

## HOMEWORK EXPECTATIONS

Homework will be set weekly in the form of a Microsoft Forms quiz. This is to consolidate and reinforce the theory covered in lessons that week. As we start the NEA 2 in September students will also be required to carry out research at home and plan practical tasks which meet the requirements of the tasks set.

## ASSESSMENT OVERVIEW

Component 1 – Principles of Food and Nutrition. Written exam. 1 hour and 45 minutes. 50% of qualification

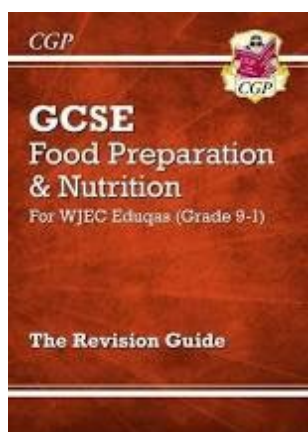
Component 2 – Food preparation in action. NEA 2. 50% of qualification

## SUGGESTED ADDITIONAL RESOURCES

Students will be able to use ICT facilities after school Monday – Wednesday if needed to type their coursework or seek an additional support

It is advised that students trial all practical dishes at home where possible, especially those which will be made for the 3 hour practical exam

In preparation for the written GCSE Food Preparation & Nutrition exam in the summer students can use the following revision guides which we will provide



# Geography

EXAM BOARD: AQA

HEAD OF DEPARTMENT: MRS RAVINDER SINGH

## HOMEWORK EXPECTATIONS

Homework will be set weekly. This will include both knowledge retrieval quizzes and extended pieces of writing. It is crucial to complete all set homework on time.

## ASSESSMENT OVERVIEW

### **Exam Board: AQA, 100% examination based**

GCSE Geography is a qualification that will provide key evaluative and analytical skills that are needed for higher education and employment. This exciting GCSE is based on a balanced framework of human and physical Geography. It enables students to investigate the correlation between the two themes, and examine the battles between the man-made and natural worlds.

Students who complete the GCSE course will have the skills and experience to progress to A-level and beyond.

- Paper 1 – Exam: Living with the physical environment (35%)
  - 1) The challenge of natural hazards
  - 2) The living world
  - 3) Physical landscapes in the UK
- Paper 2 – Exam: Challenges in the human environment (35%)
  - 1) Urban issues and challenges
  - 2) The changing economic world
  - 3) The challenge of resource management
- Paper 3 – Exam: Geographical applications (30%)
  - 1) Issue evaluation
  - 2) Fieldwork
  - 3) Geographical skills

## SUGGESTED ADDITIONAL RESOURCES:

<https://www.gcsepod.com> (GCSE POD)

<https://kids.nationalgeographic.com> (National geographic website)

<https://www.bbc.co.uk/bitesize> (BBC bitesize)

# Health and social care

EXAM BOARD: PEARSON

HEAD OF DEPARTMENT: MS CHARLOTTE MATTINGLEY

## HOMEWORK EXPECTATIONS

Homework is set and collected once a week.

It will include quizzes to recap learning; research to enhance coursework; case studies with questions;

Homework will be marked as a grade for coursework units or a percentage in quizzes where an average of 80% is expected.

## ASSESSMENT OVERVIEW

- **30 % Unit 1 Coursework**
  - 1A: Human Lifespan and Development - completed in Year 10
  - 1B: Coping with Life - completed by July 2021.
  - Assessed by BTec and grade/marks allocated by September 2021
- **30 % Unit 2 Coursework**
  - 2A: Health & Social Care Services
  - 2B: Care Values
  - Completed in Spring 2022, assessed by BTec and grade/marks allocated in August 2022
- **40 % Unit 3 External Examination Paper 3 (2-hour unseen case study)**
  - Promoting Health and Well Being: Factors that affect our physical and mental health; health and improvement plans; barriers to accessing health services.
  - Examination taken in February 2022, assessed by BTec and grade/marks allocated in August 2022

## SUGGESTED ADDITIONAL RESOURCES:

- For all units: BTec Tech Award Health and Social Care student book by Pearson
- For research into all illnesses, conditions and services: [www.nhs.com/](http://www.nhs.com/)
- For the examination unit: Edexcel Level 2, Unit 3 past exam papers and markschemes
- For Unit 1: Life case studies: [www.womeninprison.org.uk](http://www.womeninprison.org.uk) or [www.redundacnyexpert.co.uk](http://www.redundacnyexpert.co.uk)
- Watch Holby City, Casualty, One Born every Minute, Panorama to bring the learning to life.

# History

EXAM BOARD: PEARSON EDEXCEL  
HEAD OF DEPARTMENT: MISS MCHUGH

## HOMEWORK EXPECTATIONS

A weekly knowledge retrieval quiz is set for homework on Class Charts and Microsoft Teams to consolidate student's key learning of the previous week. Extended pieces of writing and GCSE practice questions will also be set monthly via Microsoft Teams assignments.

## ASSESSMENT OVERVIEW

The aim of the Edexcel course is to develop student's knowledge and understanding of specified key events, periods and societies in local, British, and wider world history. The course is designed to extend students' knowledge by studying new areas of content and by revisiting and deepening their knowledge of content studied previously at Key Stage 3.

- **Period study and British depth study paper**

Written examination: 1 hour and 45 minutes, 40% of the qualification, 64 marks (32 for the period study and 32 for the British depth study)

**British depth study option:** Anglo-Saxon and Norman England, c1060–88

**Period study option:** Superpower relations and the Cold War, 1941–91.

- **Modern depth study paper**

Written examination: 1 hour and 20 minutes, 30% of the qualification, 52 marks.

**Modern depth studies:** The USA, 1954–75: conflict at home and abroad.

- **Thematic study and historic environment paper**

Written examination: 1 hour and 15 minutes, 30 % of the qualification, 52 marks.

**Content overview:** Migrants in Britain, c800–present and Notting Hill, c1948–c1970.

## SUGGESTED ADDITIONAL RESOURCES

Pearson Edexcel GCSE (9-1) Past papers and mark schemes

Pearson Edexcel GCSE (9-1) Revision Guide and Workbook for all topics studied

BBC Bitesize

- [The Norman conquest of England - The Normans overview - Edexcel - GCSE History Revision - Edexcel - BBC Bitesize](#)
- [The development of warfare, c.1250 to the present day - GCSE History Revision - WJEC - BBC Bitesize](#)
- [The Cold War and Vietnam - GCSE History Revision - Edexcel - BBC Bitesize](#)
- [The Vietnam War - The Vietnam War - National 5 History Revision - BBC Bitesize](#)
- [Co-operation ends and the Cold War begins - Co-operation ends and the Cold War begins - CCEA - GCSE History Revision - CCEA - BBC Bitesize](#)

BBC Teach

- [History KS3 / GCSE: 1066 and the Norman Conquest - BBC Teach](#)
- [History KS3 & 4 / GCSE: WW1 with Dan Snow - BBC Teach](#)
- [History KS3: Dr Martin Luther King - American Civil Rights leader - BBC Teach](#)

Seneca

[Seneca - Learn 2x Faster \(senecalearning.com\)](#)

GCSE Pod

[Our Pods | GCSEPod](#)

# Spanish

EXAM BOARD: AQA

HEAD OF DEPARTMENT: MS LOUISA CHAPMAN

## HOMEWORK EXPECTATIONS

Students will be set homework each week. Students will complete activities on Seneca Learning/ Quizlet to consolidate topic-based vocabulary. Students will also be set extended pieces of writing and GCSE practice questions to prepare for the exams at the end of the course.

## ASSESSMENT OVERVIEW

### Paper 1 - Listening

Written exam: 35 minutes (Foundation Tier), 45 minutes (Higher Tier)

25% of GCSE

### Paper 2 - Speaking

Speaking exam: 7-9 minutes (Foundation Tier) + preparation time/ 10-12 minutes (Higher Tier) + preparation time

### Paper 3 – Reading

Written exam: 45 minutes (Foundation Tier), 1 hour (Higher Tier)

25% of GCSE

### Paper 4 – Writing

Written exam: 1 hour (Foundation Tier), 1 hour 15 minutes (Higher Tier)

25% of GCSE

## SUGGESTED ADDITIONAL RESOURCES

- BEA Year 11 Knowledge Organiser
- Access to Active Learn (online textbooks and exercises)
- AQA Website: <https://www.aqa.org.uk/subjects/languages/gcse/spanish-8698>
- BBC Bitesize: <https://www.bbc.co.uk/bitesize/examspecs/z4yyjhv>
- Seneca Learning: <https://senecalearning.com/en-GB/>
- Quizlet: <https://quizlet.com/en-gb>

# BTEC Sport

EXAM BOARD: EDEXCEL (PEARSON)

HEAD OF DEPARTMENT: MS RACHEL KEITCH

## HOMEWORK EXPECTATIONS

*Students will be set homework weekly that we be continuation of the work done in lessons, where students will be working on their final assignments. It is crucial that this work is completed and handed in to meet the deadline, otherwise this will have an impact on their overall grade.*

## ASSESSMENT OVERVIEW

### Unit 3 – Applying the Principles of Personal Training (Assignments)

This unit is all about you, the individual performer, training to improve and enhance personal fitness for one activity/sport you participated in for *Unit 2: Practical Performance in Sport*. You must select one component of fitness and one method of training that is most appropriate, beneficial and engaging to improve your fitness for your chosen activity/sport. The ability to improve personal fitness is essential for sports performers. However, the same knowledge, understanding and skills are required to improve other people's fitness, and are essential for a number of progression opportunities in the sector, such as qualifications for sports coaches and personal trainers.

- Learning Aim A: Design a personal fitness training programme.
- Learning Aim B: Know about the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training.
- Learning Aim C: Implement a self-designed personal fitness training programme to achieve own goals and objectives.
- Learning Aim D: Review personal fitness training programme.

### Unit 5 – The Sports Performer in Action (Assignments)

When a person exercises regularly, the body undergoes several short-term effects, such as increased breathing and heart rate. However, as their training progresses they'll start to notice that the short-term effects first observed change and they develop different long-term adaptations, such as a slower heart rate than before and a more controlled and easier breathing rate when they exercise. But why do these changes take place? What causes the change in physiological responses over a period of time? This unit will look at the training effects that occur when a person regularly participates in sport and physical activity over a given period of time.

- Learning Aim A: Know about the short-term responses and long-term adaptations of the body systems to exercise.
- Learning Aim B: Know about the different energy systems used during sports performance.

## SUGGESTED ADDITIONAL RESOURCES

### Textbooks/Workbooks:

BTEC First Award Sport Student Book: <https://www.amazon.co.uk/BTEC-First-Award-Sport-Student/dp/1446905551>

### Websites:

Brian Mac Sport Coach <https://www.brianmac.co.uk/>, BBC Bitesize <https://www.bbc.co.uk/bitesize/examspecs/zxbg39q>

Live Strong [www.livestrong.com/fitness](http://www.livestrong.com/fitness) Sport Fitness Advisor - [www.sport-fitness-advisor.com](http://www.sport-fitness-advisor.com), Mr B - [https://www.youtube.com/channel/UC4aEFy\\_BrFnHC3S-x1Bsfqw](https://www.youtube.com/channel/UC4aEFy_BrFnHC3S-x1Bsfqw), The PE Tutor - <https://www.youtube.com/c/ThePETutor/videos>