

# FAIRFIELD HIGH SCHOOL

PHYSICAL EDUCATION DEPARTMENT

## BTEC First Diploma in Sport

### Unit 1 - The Body in Sport

## **Assessment Part 1**

#### **Assignment Context**

You are completing a work experience placement with the PE Department at a Sts Peter & Paul Catholic Sports College. The Head of PE has asked you to produce a set of teaching aids for pupils, which will develop their knowledge and understanding of the body in sport.

# THE BODY IN SPORT ASSIGNMENT

## Part One

### Scenario

You are completing a work experience placement with the PE Department at a Sts Peter & Paul Catholic Sports College. The Head of PE has asked you to produce a teaching aid for pupils, which will develop their knowledge and understanding of the muscular and skeletal systems and their roles in sporting activity.

### Learning Outcomes

Outcome 1 – Understand the skeleton and how it is effected by exercise

Outcome 2 – Understand the muscular system and how it is effected by exercise

### Tasks:

Produce a teaching resource using relevant diagrams and pictures, which describes and explains the structure and functions of the muscular and skeletal systems.

### To achieve a PASS grade:

1. **Describe** the structure and function of the skeleton, and how bones grow (ossification) (P1)
2. **Describe** the different types of muscle, the major muscles in the body, and how muscles move(P3)
3. **Identify** the effects of exercise on skeletal muscles and on bones & joints (P2 / P4)

### In order to achieve a Merit Grade, you must: -

1. **Identify** the movement types occurring at the major synovial joints during three different types of physical activity e.g. Over-arm cricket bowl; Hockey Push Pass; Breast-stroke arm pull (M1)
2. **Explain** the effects of exercise on bones and joints (M2)

3. **Give examples** of different types of muscular contraction from 4 different physical activities (M3)

**In order to achieve a DISTINCTION grade, you must ALSO: -**

1. **Analyse** the 4 sporting movements, detailing the muscular and skeletal actions and contractions necessary (D1)

2. **Analyse** the effects of exercise on the muscular and skeletal systems (D2)

# FAIRFIELD HIGH SCHOOL

PHYSICAL EDUCATION DEPARTMENT

## BTEC First Diploma in Sport

### Unit 1 - The Body in Sport

## **Assessment Part 2**

#### **Assignment Context**

You are completing a work experience placement with the PE Department at a Sts Peter & Paul Catholic Sports College. The Head of PE has asked you to produce a set of teaching aids for pupils, which will develop their knowledge and understanding of the body in sport.

# THE BODY IN SPORT ASSIGNMENT

## Part Two

### Scenario

You are completing a work experience placement with the PE Department at a Sts Peter & Paul Catholic Sports College. The Head of PE has asked you to produce a teaching aid for pupils, which will develop their knowledge and understanding of the cardio-vascular & respiratory systems and their roles in sporting activity.

### **Learning Outcomes**

Outcome 3 – Understand the cardio-vascular system and how it is affected by exercise

Outcome 4 – Understand the respiratory system and how it is affected by exercise

### Tasks:

Produce a series of posters for wall display, which outline the structures and functions of the cardiovascular & respiratory systems. Diagrams and photographs should be included to make this a visual learning aid.

### To achieve a PASS grade: -

1. **Describe** the functions and structures of the cardio-vascular and respiratory systems (P5part1 / P6 part1)
2. **Describe** how the 2 systems are affected by exercise (P5part2 / P6 part2)

### In order to achieve a Merit Grade, you must: -

1. **Explain** the effects of exercise on the cardio-vascular system (M4)
2. **Explain** the effects of exercise on the respiratory system (M5)

### In order to achieve a DISTINCTION grade, you must ALSO: -

1. **Analyse** the effects of exercise on the cardio-respiratory system (D3)

# FAIRFIELD HIGH SCHOOL

PHYSICAL EDUCATION DEPARTMENT

## BTEC First Diploma in Sport

### Unit 1 - The Body in Sport

## **Assessment Part 3**

#### **Assignment Context**

You are completing a work experience placement with the PE Department at a Sts Peter & Paul Catholic Sports College. The Head of PE has asked you to produce a set of teaching aids for pupils, which will develop their knowledge and understanding of the body in sport.

# THE BODY IN SPORT ASSIGNMENT

## Part Three

### Scenario

You are completing a work experience placement with the PE Department at a Sts Peter & Paul Catholic Sports College. The Head of PE is concerned that too many pupils do not understand the basic differences between AEROBIC and ANAEROBIC activity. You are given the task of producing a resource, which will develop pupil knowledge, and understanding of these concepts.

### Learning Outcomes

Outcome 5 – Know the fundamentals of the energy system

### Tasks:

Produce a leaflet that will help pupils understand the basic principles of exercising using the aerobic and anaerobic energy systems.

### To achieve a PASS grade: -

1. Identify 2 types of activity that use the AEROBIC energy system (P7 / part 1)
2. Identify 2 types of activity that use the ANAEROBIC energy system (P7 / part2)

### In order to achieve a Merit Grade, you must: -

1. Explain the energy requirements of the following 4 different types of physical activity
  - Weight Lifting Snatch Lift
  - 1500m Swim
  - Gymnastics Parallel Bars performance
  - 400m Track event (M6)

There are no Distinction Grade tasks attached to this part of the assignment