

SJBC Curriculum Termly Plan: Y12 CTEC Sport Level 3

| Term | Topic(s) and links to other subjects | Core Knowledge | Core Vocabulary | Assessment | Resources |
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| Autumn | <ul style="list-style-type: none"> • Unit 1: body systems and the effects of physical activity • Unit 17: Sports injuries and rehabilitation | <ul style="list-style-type: none"> • To understand the structure and function of the skeletal system. • To explore the musculoskeletal system's response to physical activity. • To learn the basic anatomy and physiology of the cardiovascular and respiratory systems. • To identify common sports injuries and classify them as acute or chronic. • To understand the anatomy and physiology relevant to common injuries, including the mechanisms of injury. • To learn initial response protocols for sports injuries (e.g., RICE - Rest, Ice, Compression, Elevation) | <ul style="list-style-type: none"> • Axial and appendicular skeleton • Synovial joints • Osteoporosis and arthritis • Cardiac output • Acute • Chronic • Sprain • Strain | <ul style="list-style-type: none"> • 30-minute end of topic tests • PPE | <ul style="list-style-type: none"> • OCR Cambridge Technicals Level 3 Sport & Physical Activity • OCR CTEC Specification and Delivery Guides • OCR Sample Assignments • EverLearner • Seneca • OCR YouTube Channel • Quizlet |
| Spring | <ul style="list-style-type: none"> • Unit 1: body systems and the effects of physical activity • Unit 17: Sports injuries and rehabilitation | <ul style="list-style-type: none"> • To understand the structure and function of the skeletal system. • To explore the musculoskeletal system's response to physical activity. • To learn the basic anatomy and physiology of the cardiovascular and respiratory systems. | <ul style="list-style-type: none"> • Axial and appendicular skeleton • Synovial joints • Osteoporosis and arthritis • Cardiac output • Acute • Chronic | <ul style="list-style-type: none"> • 30-minute end of topic tests • PPE | <ul style="list-style-type: none"> • OCR Cambridge Technicals Level 3 Sport & Physical Activity • OCR CTEC Specification |

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| | | <ul style="list-style-type: none">• To identify common sports injuries and classify them as acute or chronic.• To understand the anatomy and physiology relevant to common injuries, including the mechanisms of injury.• To learn initial response protocols for sports injuries (e.g., RICE - Rest, Ice, Compression, Elevation) | <ul style="list-style-type: none">• Sprain• Strain | | <p>and Delivery Guides</p> <ul style="list-style-type: none">• OCR Sample Assignments• EverLearner• Seneca• OCR YouTube Channel• Quizlet |
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