

Knowledge Mat PE: Year 11 Btec Sport

Key Knowledge for Year 11

Term 1 Practical Sport

Practically demonstrate skills, techniques and tactics in badminton.

Review your performance in both badminton and rounders

Term 2 Applying the Principles of Personal Training

Design a personal fitness programme

Know about the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training

Implement a self-designed personal fitness training programme to achieve own goals and objectives

Term 3 2 Applying the Principles of Personal Training

Review a personal fitness programme

Wider Experiences / Try To Do...

- Take part in sport after school
- Focus on your personal fitness

The big questions:

Can you demonstrate the skills of badminton in isolated practices, conditioned games and in full game situations?

Have you got video evidence of your performance in both badminton and rounders?

Do you know your strengths and areas you need to improve in badminton and rounders?

Do you know which component of fitness you need to improve?

What are your personal fitness goals?

Do you know how to apply the principles of training to your fitness programme?

Do you understand the short term effects of exercise?

Vocabulary

Word / Meaning

Cardiorespiratory fitness refers to the ability of the circulatory and respiratory systems to supply oxygen to muscles during physical activity.

Stroke volume is the volume of blood pumped from the left ventricle per beat.

Cardiac output is the amount of blood the heart pumps through the circulatory system in a minute.

Blood pressure is the pressure of circulating blood on the walls of blood vessels.

Breathing rate – is the rate at which breathing occurs.

Tidal volume is the volume of air moved into and out of the lungs during each ventilation cycle.

Oxygen uptake is a measure of a persons' ability to take in oxygen.