

Personalised Learning Checklist

Subject: BTEC Sport Level 3 **Extended Certificate**



Year group: New Y12

Dear Student,

During the academy closure you have been set a number of tasks. The list below is the learning you should have completed. Your teacher will use the list to check your progress during this time. It may be used for short quizzes, mini assessments or homework. Where there are gaps your lessons will focus on improving your knowledge and understanding.

Unit 1 Objective	My personal RAG rating (Red- do not understand, Amber- some understanding, Green- I am confident)			Teacher RAG rating
Section A - I can identify the major bones of the body.	RED	AMBER	GREEN	
I understand different types of bones.	RED	AMBER	GREEN	
I understand the different areas of the skeleton.	RED	AMBER	GREEN	
I understand the process of bone growth.	RED	AMBER	GREEN	
I understand about postural alignment.	RED	AMBER	GREEN	
I understand how the major bones are used in sports.	RED	AMBER	GREEN	
I understand the different function of the skeleton during sporting technique and actions.	RED	AMBER	GREEN	
I understand the different functions of the types of bones during sporting technique and actions.	RED	AMBER	GREEN	
I understand how joints in the upper skeleton are used during sporting technique and actions.	RED	AMBER	GREEN	
I understand how joints of the lower skeleton are used during sporting technique and actions.	RED	AMBER	GREEN	
I understand the different classification of joints.	RED	AMBER	GREEN	
I understand the different synovial joints.	RED	AMBER	GREEN	
I understand the structure and function of components of synovial joints and their use in sporting techniques.	RED	AMBER	GREEN	
I understand the range of movements at synovial joints.	RED	AMBER	GREEN	
I understand the increase of mineral uptake in the bones during weight-bearing exercise.	RED	AMBER	GREEN	
I understand the skeletal adaptation to exercise (bone strength/ligament strength).	RED	AMBER	GREEN	
I understand the effect of exercise on skeletal disease.	RED	AMBER	GREEN	
I understand how some exercise can effect bone growth in young children.	RED	AMBER	GREEN	
Section B - I understand the different types of muscles and their use in sport.	RED	AMBER	GREEN	
I understand the major skeletal muscles combined use in a range of sports.	RED	AMBER	GREEN	

I understand the movement of muscle in antagonistic pairs in sporting actions.	RED	AMBER	GREEN	
I understand isometric, concentric and eccentric muscle contractions in different sporting actions.	RED	AMBER	GREEN	
I understand fibre type recruitment during exercise.	RED	AMBER	GREEN	
I understand the characteristics of the different types of muscle fibres.	RED	AMBER	GREEN	
I understand the nervous control of muscle contraction.	RED	AMBER	GREEN	
I understand the responses of the muscular system to exercise sessions.	RED	AMBER	GREEN	
I understand the adaptations to exercise of the muscular system.	RED	AMBER	GREEN	
I understand that age can effect exercise and sports performance.	RED	AMBER	GREEN	
I understand about cramp.	RED	AMBER	GREEN	
Section C - I can identify the main components of the respiratory system.	RED	AMBER	GREEN	
I understand the function of the intercostal muscles.	RED	AMBER	GREEN	
I understand the mechanics of breathing at rest and during exercise.	RED	AMBER	GREEN	
I understand the gaseous exchange during exercise.	RED	AMBER	GREEN	
I understand lung volumes and how they change during exercise.	RED	AMBER	GREEN	
I understand how breathing rate is controlled during exercise and sports performance.	RED	AMBER	GREEN	
I understand that breathing rate increases.	RED	AMBER	GREEN	
I understand that tidal volume increases.	RED	AMBER	GREEN	
I understand that an increase in vital capacity effect exercise and sports performance.	RED	AMBER	GREEN	
I understand that an increase in the strength of the respiratory muscles effects exercise and sports performance.	RED	AMBER	GREEN	
I understand that an increase oxygen and carbon dioxide diffusion rates effects exercise and sports performance.	RED	AMBER	GREEN	
I understand that asthma can affect the respiratory system and sport and exercise performance.	RED	AMBER	GREEN	
I understand that altitude can affect the respiratory system and sport and exercise performance.	RED	AMBER	GREEN	
TBC				