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| Subject: PE |
| Group/ Year: KS4 |

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| Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| **Unit R181: Applying the principles of training: fitness and how it affects skill performance** | **Unit R180: Reducing the risk of sports injuries and dealing with common medical conditions** |
| **Topic Area 1: Components of fitness applied in sport*** 1. Components of fitness (10 Cof)
		1. Definitions, fitness tests
		2. Fitness component requirements of sports:
		3. Justification of most important components of fitness
	2. Assess components of fitness
		1. Fitness tests for components of fitness:
		2. Normative data □ Validity □ Reliability
		3. Strengths and areas of improvement of each fitness component
	3. Application of components of fitness to skill performance
		1. Devising skill based fitness tests
		2. Conduct the tests devised
		3. 1.3.3 Collect, record, and interpret the results
 | **Topic Area 2: Principles of training in sport**2.1 Principles of training 2.1.1 The definition and application of each principle of trainingSPOR principle ♣ Specificity ♣ Progression ♣ Overload ♣ Reversibility □ FITT principle ♣ Frequency ♣ Intensity ♣ Time ♣ Type □ SMART goals 2.2 Methods of training and their benefits2.2.1 Advantages and disadvantages of training methods: □ Continuous training □ Fartlek training □ Interval training □ Circuit training □ Plyometrics □ Weight/ resistance training □ HIIT (High Intensity Interval Training)2.2.2 Aerobic exercise 2.2.3 Anaerobic exercise | **Topic Area 3: Organising and planning a fitness training programme**3.1 Factors when designing a fitness training programme3.1.1 Considerations to inform planning3.1.2 Applying principles of training3.2. Planning a fitness based training programme3.2.1 Elements of training programmes3.2.2 How to monitor progress and adapt a programme3.3 Recording results from fitness training programme3.3.1 Post programme tests3.3.2 Achievement recognised**Topic Area 4: Evaluate own performance in planning and delivery of a fitness training programme**4.1 Effectiveness of a fitness training programme4.1.1 Reflections on the fitness training programme considering the: • Goals set • Training methods used • Fitness component links correctly to skill tests4.1.2 Strengths and areas for improvement4.1.3 Further development suggestions | **Topic Area 1: Different factors which influence the risk and severity of injury*** 1. Extrinsic factors
		1. Types of sports activity
		2. Coaching/Instructing /Leading
		3. Environment
		4. Equipment
	2. Intrinsic factors

1.2.1 Individual variables 1.2.2 Psychological factorsMotivation Arousal Anxiety/stressConfidence Aggression 1.2.3 Reasons for aggression: 1.2.4 Mental strategies**Topic Area 2: Warm up and cool down routines**2.1 Key components of a warm up2.1.1 Key components of a warm up2.2 Physiological and psychological benefits of a warm up2.2.1 Physiological benefits2.2.2 Psychological benefits: 2.3 Key components of a cool down2.3.1 Pulse lowering2.3.2 Stretching2.4 Physiological benefits of a cool down2.4.1 Physiological benefits**Topic Area 3: Different types and causes of sports injuries**3.1 Acute injuries3.1.1 Overview of acute injuries3.1.2 Soft tissue and hard tissue injuries3.1.3 Strains3.1.4 Sprains3.1.5 Skin damage3.1.6 Fractures3.1.7 Dislocations3.1.8 Head injuries3.2 Chronic injuries3.2.1 Overview of chronic injuries3.2.2 Tendonitis3.2.3 Epicondylitis3.2.4 Shin splints3.2.5 Stress fractures | **Topic Area 4: Reducing risk, treatment and rehabilitation of sports injuries and medical conditions**4.1 Measures that can be taken before and during in sport to reduce risk 4.1.1 Safety checks4.1.2 Strategies to help reduce the risk of injuries and medical conditions4.1.3 Emergency Action Plans (EAP)4.2 Responses and treatment to injuries and MC4.2.1 SALTAPS on-field assessment routine4.2.2 DRABC is an acronym for (Danger, Response, Airway, Breathing, Circulation)4.2.3 Recovery position4.2.4 PRICE therapy is an acronym for (Protection, Rest, Ice, Compress, Elevate)4.2.5 Use of X-rays to detect injury4.2.6 Overview of treatments/therapies4.2.7 Different psychological effects of dealing with injuries and medical conditions including treatment and long-term rehabilitation**Topic Area 5: Causes, symptoms and treatment of medical conditions**5.1 Asthma5.1.1 Overview of asthma and asthma attacks5.1.2 Causes/triggers of asthma5.1.3 Common Symptoms of asthma5.1.4 Treatment5.2 Diabetes5.2.1 Overview of Type 1 and Type 2 diabetes5.2.2 Causes of Type 1 and Type 2 diabetes5.2.3 Common symptoms of Type 1 and Type 2 diabetes5.2.4 Treatment of Type 1 and Type 2 diabetes5.2.5 Monitoring and treatment of different blood sugar levels | 5.3 Epilepsy5.3.1 Overview of epilepsy5.3.2 Common causes/triggers of epilepsy5.3.3 Common symptoms of seizures affecting different parts of the body5.3.4 Treatment5.4 Sudden Cardiac Arrest (SCA)5.4.1 Overview of SCA5.4.2 Causes of SCA5.4.3 Symptoms of SCA5.4.4 Treatment for SCA5.5 Other medical conditions5.5.1 Overview of hypothermia5.5.2 Causes of hypothermia5.5.3 Symptoms of hypothermia5.5.4 Treatment for hypothermia5.5.5 Overview of heat exhaustion5.5.6 Causes of heat exhaustion5.5.7 Symptoms of heat exhaustion5.5.8 Treatment for heat exhaustion5.5.9 Overview of dehydration.5.5.10 Causes of dehydration5.5.11 Symptoms of dehydration5.5.12 Treatment for dehydration |