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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 training  SPOR principle ♣ Specificity  ♣ Progression ♣ Overload  ♣ Reversibility □ FITT principle ♣ Frequency  ♣ Intensity  ♣ Time  ♣ Type  □ SMART goals  2.2 Methods of training and their benefits  2.2.1 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 programme  3.1.1 Considerations to inform planning  3.1.2 Applying principles of training  3.2. Planning a fitness based training programme  3.2.1 Elements of training programmes  3.2.2 How to monitor progress and adapt a programme  3.3 Recording results from fitness training programme  3.3.1 Post programme tests  3.3.2 Achievement recognised  **Topic Area 4: Evaluate own performance in planning and delivery of a fitness training programme**  4.1 Effectiveness of a fitness training programme  4.1.1 Reflections on the fitness training programme considering the: • Goals set  • Training methods used • Fitness component links correctly to skill tests  4.1.2 Strengths and areas for improvement  4.1.3 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 factors  Motivation  Arousal  Anxiety/stress  Confidence  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 up  2.1.1 Key components of a warm up  2.2 Physiological and psychological benefits of a warm up  2.2.1 Physiological benefits  2.2.2 Psychological benefits:  2.3 Key components of a cool down  2.3.1 Pulse lowering  2.3.2 Stretching  2.4 Physiological benefits of a cool down  2.4.1 Physiological benefits  **Topic Area 3: Different types and causes of sports injuries**  3.1 Acute injuries  3.1.1 Overview of acute injuries  3.1.2 Soft tissue and hard tissue injuries  3.1.3 Strains  3.1.4 Sprains  3.1.5 Skin damage  3.1.6 Fractures  3.1.7 Dislocations  3.1.8 Head injuries  3.2 Chronic injuries  3.2.1 Overview of chronic injuries  3.2.2 Tendonitis  3.2.3 Epicondylitis  3.2.4 Shin splints  3.2.5 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 checks  4.1.2 Strategies to help reduce the risk of injuries and medical conditions  4.1.3 Emergency Action Plans (EAP)  4.2 Responses and treatment to injuries and MC  4.2.1 SALTAPS on-field assessment routine  4.2.2 DRABC is an acronym for (Danger, Response, Airway, Breathing, Circulation)  4.2.3 Recovery position  4.2.4 PRICE therapy is an acronym for (Protection, Rest, Ice, Compress, Elevate)  4.2.5 Use of X-rays to detect injury  4.2.6 Overview of treatments/therapies  4.2.7 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 Asthma  5.1.1 Overview of asthma and asthma attacks  5.1.2 Causes/triggers of asthma  5.1.3 Common Symptoms of asthma  5.1.4 Treatment  5.2 Diabetes  5.2.1 Overview of Type 1 and Type 2 diabetes  5.2.2 Causes of Type 1 and Type 2 diabetes  5.2.3 Common symptoms of Type 1 and Type 2 diabetes  5.2.4 Treatment of Type 1 and Type 2 diabetes  5.2.5 Monitoring and treatment of different blood sugar levels | 5.3 Epilepsy  5.3.1 Overview of epilepsy  5.3.2 Common causes/triggers of epilepsy  5.3.3 Common symptoms of seizures affecting different parts of the body  5.3.4 Treatment  5.4 Sudden Cardiac Arrest (SCA)  5.4.1 Overview of SCA  5.4.2 Causes of SCA  5.4.3 Symptoms of SCA  5.4.4 Treatment for SCA  5.5 Other medical conditions  5.5.1 Overview of hypothermia  5.5.2 Causes of hypothermia  5.5.3 Symptoms of hypothermia  5.5.4 Treatment for hypothermia  5.5.5 Overview of heat exhaustion  5.5.6 Causes of heat exhaustion  5.5.7 Symptoms of heat exhaustion  5.5.8 Treatment for heat exhaustion  5.5.9 Overview of dehydration.  5.5.10 Causes of dehydration  5.5.11 Symptoms of dehydration  5.5.12 Treatment for dehydration |