Subject Purposes Ceresing a Mining loss of special activity.

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Week 1	Week 2 Week 3	Week 5	Week 6	Week 7	Learning outcomes	Week 0 W	leek 9	Week 10 Week 11	Week 12	Week 13	Week 14	Learning outcomes Week IS	Weak 16	Week 10	Week 19	Week 20 Week 21	Learning outcomes	Week 22	Week 23 Week 24 Week 25	Week 26	Week 27 Week 28 Learning outcomes	Week 29	Week 30 Week 3
1 1																	Pupils will know: - what body composition (BC) is and its						1 1
	I																				Pupils will know:		1 1
1 1				1	Pupils will know: - what the different components of fitness are									1		1 1	what power and agility are and their importance in sport				what		1 1
1 1				1	- what the direcent components of fitness are - why speed is important in sport							Pupils will know:		1		1 1	the advantages and disadvantages of				the advantages and disadvantages	of the	1 1
	I				-what serobic endurance (AE) is, how it is tested and the training methods to							what flexibility is and its important in sport					the different tests and training method				different tests and training methods	for	1 1
1 1				1	improve it							what muscular strength and muscular endurance are and their importance		1		1 1	for power, agility and BC.				power, agility and BC.		1 1
				1	- the advantages and disadvantages of the different tests and training methods for AS and speed							n sport - the advantages and disadvantages of the different tests and training		1		1 1	 explain how power and agility are use 	c I			esplain how power and agility are u	wd	1 1
1 1				1	Pupils will be able to:									1		1 1							1 1
introduction to the				1	explain how speed and aerobic endurance are used in sport							Pupils will be able to:		1		1 1	analyse the different tests and training				 analyse the different tests and train 	ng	1 1
introduction to the course and the				1	- analyse the different tests and training methods for aerobic endurance and							 explain how flexibility, ME and MS are used in sport analyse the different tests and training methods for flexibility, ME and MS 		1		Acilly and	methods for BC, agility and power provide specific sporting examples for	Skill related components of			methods for BC, agility and power provide specific sporting examples:		1 1
assessment demands (Components of fitness Aerobi	Endurance in sport, testing and training methods.	Speed and assessmen	nt Review of Learning	explain the importance of fitness tests in sport	Flexibility		Muscular strength	Muscular Endurar	ance and assessment	Review of learning	- provide specific sporting examples for the different components covered BNI	RIA	Skinfold testing Power		assessment Review of learni	g the different components covered	fitness	Additional POT Heart rate and Borg	Exam week	the different components covered		1 1
\neg					Pupils will know:														•				
	I				-The rules and regulations for their chosen team sports -how the officials implement the different rules and regulations within the										1		Pupils will know:						
1												Pupils will know:		1		1 1							
1	I				the roles and responsibilities of the different officials within their chosen							- the different methods used for self assessment			1		H						
					- the key skills and techniques needed for chosen sport !							- a range of activities to help improve performance - what a SWOT analysis is		1		1 1	Pupils will be able to:						
												Pupils will be able to		1		1 1							
- 1					-identify and explain the roles of the different officials in chosen sport I and 2							complete an effective self evaluation of their performance in 2 sports		1		1 1							
Rules, regulations and offic					explain the different regulations for chosen sport 1 and 2							make suggestions of activities to help improve performance in 2 sports		1		1 1	*						
and 2	Assessment	Jes and Regulations booklets			- play an effective role as an official in chosen sport 1 and 2 Pupils will know:	oports Diary Land 2		Ser assessment Hessew of Herforman				- explain the different ways to complete a self assessment in sport			_			-					
1					-The structure of skeletal system										1								
1													1	1	1	1	1	1					
					-how joints of the upper and lower skeleton are used in sporting techniques and actions.								1	1 1	1		1	1					
1					-The responses and adaptations of the skeletal system to a single sport/short								1	1	1	1	1	1					
1					term exercise or long term exercise							Pupils will know:		1		1 1							
					- Additional factors affecting the skeletal system Pupils will be able to:							- The characteristics and functions of different types of muscles		1		1 1							
1					- Discuss how the bones of the skeleton are used in sporting techniques and							The major skeletal muscles of the muscular system and what antagonistic		1		1 1							
- 1					actions.									1		1 1							
					- Discuss how the functions of the skeleton and bone types are used in							The types of skeletal muscle contraction and fibre types the responses and adaptations of the muscular system to exercise.		1		1 1	Pupils will know:						
1					and evencise.							Pupils will be able to:			1		Pupili wii knoic						
1					-Analyse how joints of the upper and lower skeleton are used in sporting							articulate and document the different characteristics and functions of			1		E.						
					techniques and actions. - Analyse the impact of the short and long-term effects of exercise on the							different types of muscles.		1		1 1	*						
- 1												 Locate the major skeletal muscles of the muscular system and analyse what antagonistic muscle pairs are. 		1		1 1	Pupils will be able to:						
1					- Understand the impact of the skeletal system on exercise and sports							 Demonstrate and articulate the the types of skeletal muscle contraction 			1								
1					performance and the impact							and fibre types found in the body		1		1 1	*						
Unit 1 The effects of exercise and	sports performance on the skeletal sy	em.			of exercise and sports performance on the skeletal system.	The effects of exercise and a	sports performance on	the muscular system				 Analyse and explain the the responses and adaptations of the muscular system to exercise. 			1								
					Pupils will know:																		
1				1	the 4 positive lifestyle factors and their effect on health the negative lifestyle factors and their effect on health							Pupils will know:		1		1 1							
	I														1		Pupils will know:						
				1	-how to plan and construct an effective answer for OI and 2									1		1 1							
	I				Pupils will be able to: explain the different lifestyle factors and evaluate them against a chosen							 the impact of different nutrients on health and sporting performance the different diets specific to different sports 			1		i i						
1 1	I														1		E .						
_ I				1	explain the effects of the different positive and negative lifestyle factors on a									1		1 1	Pupils will be able to:						
Introduction to the				1	chosen client - provide suitable modification techniques to help a client achieve a chosen							to help improve their diet - explain the key attributes for each nutrient within diet		1		1 1	·						
	Positive Lifestyle				- provide suitable modification techniques to neip a client achieve a chosen							explain the key attributes for each nutrient within diet describe the different foods that contain the different nutrients			1		E .						
Unit 2 assessment demands	Factors Negative I fest	e factors Modification techn	ques	Assessment of learning	-analyse health monitoring test results against normative data	Analysis of a Healthy Diet				Assessment QS	Review of Q3	- use the EWG and other standards to assess different clients diet											
				1	Pupils will know:									1		1 1							
		1		1	- the skills, qualities and qualifications needed for selected careers - how to complete an effective evaluation of their own attributes and					1			1	1 1	1		1	1					
1		1	1							1			1	1	1	1	1	1					
1		1	1		- how to identify gaps in their skills and knowledge to be worked on - how to create an effective career development plan to address gaps					1		Pupils will know: - the role that job descriptions and person specifications play in a	1	1	1	1	Pupils will know:	1					
				1	- now to create an enective career development plan to address gaps. Pupils will be able to:							etne role that job descriptions and person specifications play in a recruitment process.		1		1 1	i.						
				1	explain the main skills, qualities and qualifications needed for their selected									1		1 1							
				1	career							- the different activities that can be used within an interview day		1		1 1							
				1	- produce a detailed evaluation of their own skills, qualities and qualifications against their chosen career							 the different skills and attributes needed within a recruitment process. Pupils will be able to: 		1		1 1	Pupils will be able to:						
_ I				1	- produce an effective and well justified career development plan to help							- gather appropriate documentation needed for a recruitment process		1		1 1	[
				1	address any gaps in their skills, qualities and qualifications.							lead an interview in a number of roles		1		1 1							
Init 3 Career route S	Skills audit and Swot analysis	Career pathway vs skills audit	Development plan	Report		Preparation of documents		Recruitment activities and interviews		Review of performance		- demonstrate the skills and knowledge needed for the selected career						4					
					Pupils will know: - different roles within sports leadership and the responsibilities of these roles										1								
					-The skills, qualities and characteristics of effective sports leaders									1		1 1							
		1	1		- How to evaluate the application of skills, qualities and characteristics of							Pupils will know:	1	1	1	1	1	1					
		1			chosen sports leaders - How to analyse the impact of skills, qualities and characteristics of chosen							- the external psychological factors that affects sports leaders - the internal psychological factors that affects sports leaders	1	1 1	1		1	1					
1 1		1	1									the internal psychological factors that affects sports leaders the impact of different psychological factors within different situations	- 1	1 1	1	1 1	Pupils will know:	1					
1 1		1	1		Pupils will be able to:								- 1	1 1	1	1 1	F	1					
1 1		1	1		explain different roles within sports leadership and identify their responsibilities							Pupils will be able to: - explain the difference between internal and external psychological factors.	1	1	1	1	li .	1					
1		1	1		- select, explain and analyse different skills, qualities and characteristics for 3							explain the difference between internal and external psychological factors on sports leadership	1	1	1	1	E	1					
1		1	1									analyse different sports leaders and the psychological factors that influence	1	1	1	1	Pupils will be able to:	1					
	Introduction to the skills, qualities and characteristics of effective sports leade	Analysis of the application of the skills, qual and characteristics of 3 chosen leaders,	ies .	in of the configuration 1 1 1	evaluate how 3 chosen sports leaders apply skills, qualities and characteristics identifying strengths and areas for improvement							them - explain the impact that different psychological factors have on different	1	1 1	1		l l	1					
introduction to the unit, it			Printing and justificat	with the appropriation of skills				1				 explain the impact that different psychological factors have on different sports leaders in specific situations. 	- 1	1 1	1	1 1	E	1					
lob descriptions for 3	Salartion of skills ovalities and charact																						
lob descriptions for 3	Selection of skills, qualities and charact for chosen 3 sports leaders.	ristics identifying strengths and areas for improvement.	qualities and charact their participants.	vistics of 3 chosen leaders or	- Analyse how the application of skills, qualities and characteristics impact participants, giving specific examples	Psychological Factors in spo	orts leadership	Assessment of psych	ological factors in sports i	leadership		sports waders in specinic situations.											