



Topic	Learning Objectives	Key Vocabulary	Learning Sequence	Linked Learning	Home Learning
Unit 1 Improving Sporting Performance	Students should know and understand the following physiological <u>factors</u> affecting performance in sport	Components of fitness Lifestyle Diet / Sleep / Drugs Age / Health / Fitness Body Composition	Components of fitness Lifestyle—diet, nutrition, hydration, recovery, sleep, alcohol, smoking, age, fitness and health Body Composition—types, weight, fat and muscle	<b>Academic Text:</b> <ul style="list-style-type: none"> <li>What are the main attributes needed to become a professional footballer?</li> <li>The 11 components of fitness - Keeping fit and healthy through sports - Edexcel - GCSE Physical Education Revision - Edexcel - BBC Bitesize</li> <li>What are the Components of Fitness?   York Fitness Blog</li> <li>Your athletes lifestyle affects their performance</li> </ul>	Everlearner for revision Revision for end of unit tests Question sheets in preparation for controlled assessment Research Lifestyle Choices and Impacts on Performance
Unit 1 Improving Sporting Performance	Students should be able to identify the appropriate test to <u>measure</u> physiological factors	Fitness testing Normative data Lifestyle questionnaire Body composition Blood pressure Heart rate Calories Energy balance Nutrition Hydration	Fitness Tests Lifestyle Questionnaire Health Tests / Screening Food Diary	<b>Academic Text:</b> <ul style="list-style-type: none"> <li>Fitness tests for different components of fitness - Keeping fit and healthy in sport - Eduqas - GCSE Physical Education Revision - Eduqas - BBC Bitesize</li> <li>Diet and physical activity for athletes - Diet and nutrition - AQA - GCSE Physical Education Revision - AQA - BBC Bitesize</li> <li>Hydration: Hydration For Athletes: Importance And Planning   Healthy Stripe</li> <li>Understanding energy drinks and sports drinks</li> </ul>	Impacts of diet and nutrition on performance Analysis of physiological testing measures Everlearner for revision
Unit 1 Improving Sporting Performance	Students should know and understand the physiological <u>strategies</u> for improvement of sporting performance	Methods of training Training zones Aerobic / Anaerobic Carbohydrate loading Cool down Ice baths / Massage	Training Programme Nutritional Plan Recovery Methods	<b>Academic Text:</b> <ul style="list-style-type: none"> <li>Should Footballers Strength Train?</li> <li>Why recovery is just as important as training</li> </ul>	Questions on physiological strategies
Unit 3 Coaching Principles	Students should know and understand the <u>skills and responsibilities</u> required to be an effective coach.  Students should know the <u>components of a session</u> and recognise the <u>needs of the participants</u> when planning a carrying out a session.	Organisation Communication Empower Health & Safety Risk Assessment Age / Ability / Gender Warm up / Cool down Skills / Games	Skills of coach Responsibilities of coach Needs of participants Components of a session	<b>Academic Text:</b> <ul style="list-style-type: none"> <li>Working to safeguard those at risk</li> <li>Sports Psychology for coaches by Damon Burton and Thomas Raedeke</li> <li>Extract <a href="https://www.athleteassessments.com/do-you-have-adaptability-in-sport/">https://www.athleteassessments.com/do-you-have-adaptability-in-sport/</a></li> </ul>	Questions on skills and responsibilities  Questions on components of a session



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Unit 1 Improving Sporting Performance	Students should know and understand the following psychological <u>factors</u> and how they impact on performance	Motivation Intrinsic Extrinsic Anxiety Somatic Cognitive	Motivation Anxiety	<b>Academic Text:</b> <ul style="list-style-type: none"> <li>What Psychological Factors Help Improve Sports Performance?</li> <li>Benefits of a positive mindset</li> </ul>	Everlearner for revision Questions on psychological factors and how they impact performance
Unit 1 Improving Sporting Performance	Students should be able to identify the appropriate test to <u>measure</u> psychological factors	Observation Visual Video Interview Diaries Questionnaires SCAT	Observations—visual or video Interviews—before and after Diaries Questionnaires eg SCAT	<b>Academic Text:</b> <ul style="list-style-type: none"> <li>Sport Competition Anxiety Test (SCAT) factsheet</li> </ul>	Everlearner for revision Questions on psychological measures and how they impact performance
Unit 1 Improving Sporting Performance	Students should know and understand the psychological <u>strategies</u> for improvement of sporting performance	Self talk Goal setting SMART Short term targets Long term goals	Self talk Goal setting—SMART	<b>Academic Text:</b> <ul style="list-style-type: none"> <li>Goal setting can give athletes and extra edge</li> <li>The Powerful Mental Techniques Ronaldo Uses</li> </ul>	Everlearner for revision Questions on psychological strategies to improve performance
Unit 3 Coaching Principles	Students should be able to plan and carry out a coaching session	Aims / objectives Health & safety Risk Assessment Coaching points Types of guidance Types of practice	Aims and objectives Health & Safety Group needs Technical / Coaching Types of Guidance / Practice Resources	<b>Academic Text:</b> <ul style="list-style-type: none"> <li><a href="https://www.bbc.co.uk/bitesize/guides/z3x7tyc/revision/3">https://www.bbc.co.uk/bitesize/guides/z3x7tyc/revision/3</a> - Classification of Skills</li> <li>Performance Guidance in Sport: <a href="https://www.bbc.co.uk/bitesize/guides/z3tmp39/revision/1">https://www.bbc.co.uk/bitesize/guides/z3tmp39/revision/1</a></li> </ul>	Planning for practice session



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Unit 1 Improving Sporting Performance	Students should know and understand the following technical <u>fac-tors</u> affecting performance in sport	Technique Strategies Game plans Strengths Weaknesses Tactics External factors	Technique—definitions and benefits of improving technique for sports performance Strategies / game plans—definitions and factors that affect decisions Tactics—individual and team	<b>Academic Text:</b> <ul style="list-style-type: none"> <li>How to defend like England roles and responsibilities   England Football Learning</li> <li>Why Technique Is More Important Than Power In Boxing</li> </ul>	Analyse sporting videos on technique, strategies, game plans and complete report
Unit 1 Improving Sporting Performance	Students should be able to identify the appropriate test to <u>measure</u> technical factors	Observations Visual Video Interviews Tactics Observations	Observations—visual or video of technique Interviews to assess knowledge and understanding Observations—visual or video of tactic used during sporting performance	<b>Academic Text:</b> <ul style="list-style-type: none"> <li>Why performance analysis is important for development in sport</li> </ul>	Conduct interviews Questions on technical measures in sport and coaching
Unit 1 Improving Sporting Performance	Students should know and understand the technical <u>strategies</u> for improvement of sporting performance	Feedback Intrinsic / Extrinsic KP / KR Guidance Visual / Verbal Manual / mechanical Practice Whole / part Fixed / variable	Feedback Coaching—types of guidance, types of practice	<b>Academic Text:</b> <ul style="list-style-type: none"> <li>Mechanical guidance - Guidance - WJEC - GCSE Physical Education Revision - WJEC - BBC Bitesize</li> <li>Information processing model - Feedback - WJEC - GCSE Physical Education Revision - WJEC - BBC Bitesize</li> </ul>	Everlearner for revision Questions on technical strategies in coaching
Unit 3 Coaching Principles	Learners should be able to demonstrate coaching skills and responsibilities.	Health & Safety Facilities Equipment Numbers / Space Aims & objectives Technical Information Coaching points Feedback	Demonstration of parts of a session—practice sessions during HT 1—5 Demonstration of a full coaching session—filmed	<b>Academic Text:</b> <ul style="list-style-type: none"> <li>Good Rapport—Connect, communicate and build positive relationships</li> </ul>	Planning of practice coaching session



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Unit 1 Improving Sporting Performance	<b>Controlled Assessment</b>				
Unit 3 Coaching Principles	<b>Controlled Assessment</b>				