Wood Green Academy AND SIXTH FORM CENTRE

Scheme of Learning **Curriculum area: PE**

Key Stage: 4

Unit/Topic Title: GCSE Components 1 & 2

TOPIC 3 Physical Training Unit Component 1				
	Using a Personal Exercise Programme (PEP) to develop personal health/introduction to PEP. Fitness, health, exercise and performance.		Flipped learning- to research what a personal exercise programme is for and use the specification to create a PowerPoint presentation explaining the PEP	Definition cards Assessment material for Component 4
	PARQs Health & Fitness Warm ups and cool downs		Links to the immediate effects of exercise on the body systems Keeping fit and healthy through sports	Learner PEP Example PARQs GCSE Bitesize: https://www.bbc.co.uk/bitesize/guides/zxd4wxs/revision/1 Kerboodle Textbook – pg 56 White revision guide - pg Kerboodle Textbook – pg 103-4

				Practical session using a variety of warm ups – could be learner led. Cool down to finish
	Components of fitness and the relative importance of these components in physical activity and sport		Linked to Health, Fitness and wellbeing unit. Should already know the definitions and be able to give sporting examples	Physical Training Topic Guide, activity 1 Learner PEP Components of fitness – Flip CoF https://www.youtube.com/watch?v=gGAhYokmoDc&list=PLUb-9-TpmYV8g_fw21EFEIjXtg98Gq4VS&index=1&t=3s

	Fitness tests – theory and practice	Theory: the value of fitness testing; the purpose of specific fitness tests; the selection of the appropriate fitness test for components of fitness; and the rationale for selection Practical: the test protocol Fitness testing: cardiovascular fitness – Cooper 12 minute tests (run, swim), Harvard Step Test; strength – grip dynamometer; muscular endurance – one-minute sit-up, one-minute press-up; speed – 30m sprint; power –	Pupils to think back to fitness testing that they have completed during core PE. Should be able to recall 5 fitness test and apply the correct component of fitness	Mix of theory and practical sessions Physical Training Topic Guide, activity 1 and 2 Physical Training Topic Guide, activity 3 Physical Training Topic Guide, activity 4 Learner PEP

		vertical jump; flexibility – sit and reach Collection and interpretation of data from fitness test results Theory: analysis and evaluation of fitness test results against normative data tables		
	Principles of training	Individual needs, specificity, progressive overload, FITT (frequency, intensity, time, type), overtraining, reversibility, thresholds of training (aerobic target zone: 60–80% and anaerobic target zone: 80%–90%, calculated using Karvonen formula)	Pupils should know the majority of these from CORE PE- using mnemonic SPORI. Provide pupils with example training programme and allow them to find the example before completing	Description cards (of principles) Training zone cards – link training zones for different aged performers to be matched to correct intensity of sport GCSE Bitesize – Principles of training https://www.bbc.co.uk/bitesize/guides/zxhxnbk/revision/1 Kerboodle textbook – pgs 75- 82 White revision guide - Learner PEP
	Applying the principles to a PEP	Discussion of personal goals for PEP and how to achieve these through application of principles	Pupils should know definitions and recall applying SPORI during core PE. Links to body system from long term effects of training (hypertrophy, increase strength	Learner PEP

			and endurance, cardiac hypertrophy with links to CO, HR and CV. Increase alveoli and strength of diaphragm.	

	Methods of training for specific components of fitness, physical activity and sport	Continuous, Fartlek, circuit, interval, plyometrics, weight/resistance. Fitness classes for specific components of fitness, physical activity and sport (body pump, aerobics, pilates, yoga, spinning) The advantages and disadvantages of different training methods	Recall task prior of different athletes and how they might train to improve performance / links back to principles of training and make the connection of specificity to the correct component of fitness. Pupils will have limited knowledge of the advantages and disadvantages – Provide a definition of advantage and disadvantage and make the link to A03	Matching cards: matching description cards to correct image of different fitness classes/methods of training Matching cards: matching sporting activities to methods of training Learner PEP Methods of Training – Flip task – https://www.youtube.com/watch?v=93_xAFpG2jk GCSE Bitesize – Methods of Training - https://www.bbc.co.uk/bitesize/guides/zyqd2p3/revision/1 Kerboodle textbook – pgs 83 -89 White revision guide -
	Applying the methods of	Factors to consider when deciding the most appropriate training	Pupils should be able to recall the 7	Physical Training Topic Guide, activity 5 Learner PEP

	training to a PEP	methods and training intensities for different physical activities and sports (fitness/sport requirements, facilities available, current level of fitness)	methods of training and provide an example of what sports performer would use each method.	
	Long term training effects on the musculo-skeletal system	Review musculo-skeletal system Benefits to the musculo-skeletal system: increased bone density; increased strength of ligaments and tendons; muscle hypertrophy; the importance of rest for adaptations to take place; and time to recover before the next training session Impact on performance in different types of activities		Physical Training Topic Guide, activity 6

	Long term training effects on the cardio-respiratory system	Review cardio-respiratory system Benefits to the cardio-respiratory system: decreased resting heart rate; faster recovery; increased resting stroke volume and maximum cardiac output; increased size/strength of heart; increased capilliarisation; increase in number of red blood cells; drop in resting blood pressure due to more elastic muscular wall of veins and arteries; increased lung capacity/volume and vital capacity; increased number of alveoli; increased strength of diaphragm; and external intercostal muscles Impact on performance in different types of activities		Physical Training Topic Guide, activity 6 Kerboodle textbook – pgs 90 – 92 White revision guide -
	Identification of injury, treatment and common sports injuries	Concussion, fractures, dislocation, sprain, torn cartilage and soft tissue injury (strain, tennis	Who has been injured before? How did it happen? What was the injury?	First aid scenario cards – guess the injury and how it might have happened

		elbow, golfers elbow, abrasions) RICE (rest, ice, compression, elevation)	Will help pupil's recall prior learning from their own experiences. Health & Safety in sport	GCSE Bitesize – Health and Safety in sport https://www.bbc.co.uk/bitesize/guides/z2r34j6/revision/1 Kerboodle textbook – pgs 94 – 99 White revision guide
	Injury prevention in sport and physical activity	Injury prevention through: correct application of the principles of training to avoid overuse injuries; correct application and adherence to the rules of an activity during play/participation; use of appropriate protective clothing and equipment; checking of equipment and facilities before use, all as applied to a range of physical activities and sports	Links to own practical coaching or delivering of sports sessions. What do coaches, teacher and performers do to limit injuries	Create safety checklist for own activities before play to apply theory Kerboodle textbook – pgs 94-95
	Performance enhancing drugs – types, advantages and disadvantages	Performance-enhancing drugs (PEDs) and their positive and negative effects on sporting performance and performer lifestyle, including anabolic steroids; beta blockers; diuretics; narcotic analgesics; peptide hormones (erythropoietin	Circle map what athletes/sports performers might have heard about performance enhancing drugs. Mnemonic BAD, NHS, PB	Research sports performers – are PEDs still used? GCSE Bitesize – PEDs - https://www.bbc.co.uk/bitesize/guides/z2r34j6/revision/4 Kerboodle textbook – 100-102 PEDs Flip Task – https://www.youtube.com/watch?v=EZMw3XGYjHA&list=PLUb-9-TpmYV9mVI6o_gweutSu-QP75MwX&index=3

		(EPO); growth hormones (GH)); stimulants; blood doping		

GCSE Physical Education 2016: Scheme of learning

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