



Topic	Learning Objectives	Key Vocabulary	Learning Sequence	Linked Learning	Home Learning
Unit 2 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>  What are the main attributes needed to become a professional footballer?  The 11 components of fitness - Keeping fit and healthy through sports - Edexcel - GCSE Physical Education Revision - Edexcel - BBC Bitesize  Your athlete’s lifestyle affects their performance	Everlearner for revision  Revision for end of unit tests  Question sheets in preparation for controlled assessment  Research Lifestyle Choices and Impacts on Performance
Unit 2 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>  Fitness tests for different components of fitness - Keeping fit and healthy in sport - Eduqas - GCSE Physical Education Revision - Eduqas - BBC Bitesize  Diet and physical activity for athletes - Diet and nutrition - AQA - GCSE Physical Education Revision - AQA - BBC Bitesize  Hydration: Hydration For Athletes: Importance And Planning   Healthy Stripe  Understanding energy drinks and sports drinks	Impacts of diet on performance  Analysis of physiological measures  Everlearner for revision
Unit 2 Improving Sporting Performance	Students should know and understand the physiological <u>strategies</u> for improvement of sporting performance	Methods of training Interval Continuous Training zones Aerobic Anaerobic Carbohydrate loading Cool down Ice baths Massage	Training Programme  Nutritional Plan  Recovery Methods	<b>Academic Text:</b>  Should Footballers Strength Train?  Why recovery is just as important as training	Everlearner for revision  Questions relating to strategies on physiological factors



Topic	Learning Objectives	Key Vocabulary	Learning Sequence	Linked Learning	Home Learning
Unit 2 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 2 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 2 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 the edge</li> <li>The Powerful Mental Techniques Ronaldo Uses</li> </ul>	Everlearner for revision Questions on psychological strategies to improve performance



Topic	Learning Objectives	Key Vocabulary	Learning Sequence	Linked Learning	Home Learning
Unit 2 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>  • How to defend like England roles and responsibilities   England Football Learning  • Why Technique Is More Important Than Power In Boxing	Analyse sporting videos on technique, strategies, game plans and complete report
Unit 2 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>  • Why performance analysis is important for development in sport	Conduct interviews  Questions on technical measures in sport and coaching
Unit 2 Improving Sporting Performance	Students should know and understand the technical <u>strategies</u> for improvement of sporting performance	Feedback Intrinsic Extrinsic Knowledge of performance Knowledge of results Guidance Visual / Verbal Manual / mechanical Practice Whole / part Fixed / variable	Feedback Coaching—types of guidance, types of practice	<b>Academic Text:</b>  • Mechanical guidance - Guidance - WJEC - GCSE Physical Education Revision - WJEC - BBC Bitesize  • Information processing model - Feedback - WJEC - GCSE Physical Education Revision - WJEC - BBC Bitesize	Everlearner for revision  Questions on technical strategies in coaching
Unit 2 Improving Sporting Performance	<b>Controlled Assessment</b>				



Topic	Learning Objectives	Key Vocabulary	Learning Sequence	Linked Learning	Home Learning
Unit 3 Coaching Principles  <u>Coaching Skills</u>	Students should know and understand the <u>skills</u> required to be an effective coach.	Adaptability Observation Communication Verbal / Non-verbal Empowerment Self confidence Values Organisation	Adaptability Observation skills Communication Empowerment Knowledge of the sport Organisation	<b>Academic Text:</b> What is great coaching?  <ul style="list-style-type: none"> <li>Characteristics of an effective coach</li> <li>Coach leadership and how it affects team performance</li> </ul>	Questions on coaching skills
Unit 3 Coaching Principles <u>Responsibilities of a coach</u>	Students should know and understand the <u>responsibilities</u> required to be an effective coach.	Health & Safety Professional conduct NGB's Risk assessment Safeguarding	Health & Safety Professional conduct Risk assessment Safeguarding	<b>Academic Text:</b>  <ul style="list-style-type: none"> <li>Working to safeguard those at risk</li> <li>Overview of NGB's and their role</li> </ul>	Questions on coaching responsibilities Planning coaching session (1)
Unit 3 Coaching Principles  <u>Meeting the needs of the participants</u>	Students should be able to recognise the needs of the participants when planning and carrying out a coaching session.	Ability / Age Gender Intrinsic / Extrinsic KR / KP	Ability / Age / Gender Review of competitive Performances Consideration of appropriate activities Types of practice and guidance	<b>Academic Text:</b>  <ul style="list-style-type: none"> <li>Sessions   England Football Learning</li> </ul>	Planning coaching session (2)
Unit 3 Coaching Principles  <u>Components of a coaching session</u>	Students should know and understand the components of a coaching session.	Warm up Pulse raiser Stretches Drills / Practices Transition Progressions Cool down	Warm up Skills and drills Transition and progressions Conditioned / small sided / competitive Cool down	<b>Academic Text</b>  <ul style="list-style-type: none"> <li>Sessions   England Football Learning</li> </ul>	Planning coaching session (3)
Unit 3 Coaching Principles  <u>Planning a coaching session</u>	Students should be able to plan 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 coaching session (5)



Topic	Learning Objectives	Key Vocabulary	Learning Sequence	Linked Learning	Home Learning
Unit 3 Coaching Principles  <u>Demonstrate coaching skills and responsibilities</u>	Learners should be able to demonstrate coaching skills and responsibilities.	Health & Safety Facilities Equipment Numbers of participants Space Aims & objectives Needs of the participants Technical Information Coaching points Feedback	Demonstration of parts of a session—this will also be delivered in sessions during HT4  Demonstration of a full coaching session	<b>Academic Text:</b>  Level up your game—The Importance of video analysis	Analysis of performance



Topic	Learning Objectives	Key Vocabulary	Learning Sequence	Linked Learning	Home Learning
Unit 3 Coaching Principles  <u>Review Coaching Session</u>	Students should know and understand how to review a coaching session.	Strengths Weaknesses Opportunities Threats Qualitative data Quantitative data Assessor feedback Participant feedback Personal Reflection Video feedback	SWOT Analysis Data Review aims & objectives Feedback sources	<b>Academic Text:</b> Data Collection: <a href="https://www.bbc.co.uk/bitesize/guides/zncjrj6/revision/1">https://www.bbc.co.uk/bitesize/guides/zncjrj6/revision/1</a>	Video analysis of performance
Unit 3 Coaching Principles  <u>Development Planning</u>	Students should understand how to improve coaching performance.	Development plan Areas for improvement Methods of improvement Experience Accredited courses Observation Subject knowledge	Development Plan Methods of Improvement		Action Planning
Unit 3 Coaching Principles	<b>Controlled Assessment</b>				