

Year: 13 GCSE PE

Subject: Health Sport & Exercise

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Autumn Term		
Overarching Topic: 1) Recovery, altitude & Injury prevention & the rehabilitation of injury 2) Analysis of performance 3) Global sporting events		
What has come before and what comes later:	For skill acquisition the students have developed a knowledge and understanding of classification of skills, types of practice, transfer of skills, learning theories and stages of learning. In applied anatomy and physiology, they have explored and developed an understanding of the skeletal & muscular systems, cardiovascular and respiratory systems and the impact diet and nutrition have on physical activity & performance. In sport and society, they have explored the emergence of sport and sport in the twenty-first century. They will now begin to develop their ability to analyse sports performance,	
	Core	Extension
The Big Questions (What questions will students be able to answer upon mastery of the topic?)	<ul style="list-style-type: none">• What are the two stages of recovery?• What is EPOC?• How can we use knowledge of recovery to help select appropriate tactics during different types of sports?• What impact does altitude training have on the body?• What different ways can we use altitude to assist our performance?• What impact does heat have on the body?• How can we help our bodies to manage in high temperatures?• What are the different types of injuries?• How can we prevent injuries from occurring?• What are the immediate treatments for sprains, strains, cuts, broken bones and concussion?• What are the stages of recovery from an injury?	<ul style="list-style-type: none">• What are the advantages and disadvantages of the different types of methods used during recovery from an injury?• Why might a performer use a method to mask an injury rather than treat it?

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	<ul style="list-style-type: none">• What different methods can we use to help us recover from an injury?• What is the role of NGB's in injury prevention?	
	Skill/Technique	How students will develop and demonstrate this
Key skills	<ul style="list-style-type: none">• Written communication• Oral communication• Problem solving• Observational skills• Justification of choices made using factual information to support statements made• Direct comparisons between theories & principles	<ul style="list-style-type: none">• Practical sessions used to measure recovery• Students will have to analyse information and use their observational skills to identify and select the correct treatment for different injuries• Verbal application – class discussions• Written application – short answer questions• Written application – extended answer questions (20 marks)• Q&A sessions• Use of mark schemes to develop an understanding of the questions• 20 mark question lesson guide• Command word support table

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Spring Term		
Overarching Topic: EAPI		
What has come before and what comes later:	The students have developed and refined their understanding of the 3 areas of examination. They have completed past paper questions verbally and in written form. They have been given opportunity to collate video footage to support their practical assessment and will now complete their EAPI.	
	Core	Extension
The Big Questions (What questions will students be able to answer upon mastery of the topic?)	<ul style="list-style-type: none"> • What are the key skills for my chosen sport? • What are the coaching points for each key skill? • How can we identify areas of strength and weakness? • How do you select a priority weakness? • What progressive practices can I use? • How can I monitor progress? • What theoretical content could I include from 3 areas? • Why does my priority weakness deserve 3 months of training? • How do I include progressive practices in my training? • How can technology enhance my training plan? 	<ul style="list-style-type: none"> • What theoretical knowledge can I include in my assessment from all 3 areas? • Why does my priority weakness deserve 3 months of training? • How do I include progressive practices in my training? • How can technology enhance my training plan?
	Skill/Technique	How students will develop and demonstrate this
Key skills	<ul style="list-style-type: none"> • Critical analysis of a sports performance • Effective justification of points made • Clear and concise communication of EAPI 	<ul style="list-style-type: none"> • Class analysis of performances from different sports • Voice recordings of EAPI – analyse with class teacher

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		<ul style="list-style-type: none">• Video recordings of EAPI• Mapping of theory content to be included• Use of planning table to help students to include all points required
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