



LEARNING JOURNEY

Component 1 – Learning Aim B

Ad Astra

Over the next 6 weeks we will be learning content for Component 1 – Task B. You will learn about clothing, equipment, facilities and technology that are required to take part in physical activity. We will also look at the impact of this on the participant or the sport.

This assignment requires you to complete a 10-12 slide PowerPoint presentation. You will have the knowledge to discuss what is required for different sports and how this will improve performance.

| We will develop our learning each week by focusing on: | Completed | RAG Rate | | |
|---|-----------|----------|---|---|
| | | R | A | G |
| Week 1: Clothing and footwear <ul style="list-style-type: none"> Know the features of clothing that can assist performance. Know the features of footwear that can assist performance. | | | | |
| Week 2: Sporting equipment <ul style="list-style-type: none"> Know the sporting equipment required in sports. Know the travel-related equipment needed in sports. Know the scoring equipment needed in sports. Know the protective equipment needed in sports. Know the officials equipment needed for sport. Know the disability equipment required in sports. Mini Assessment | | | | |
| Week 3: Sports facilities and technology <ul style="list-style-type: none"> Know the types of facilities that available to participants. Know the advantages and disadvantages of these facilities. Know the different types of technology that are can be used by individuals or sports teams. Know the different limitation to technology and the impact this can have on participation. Mini Assessment | | | | |
| Week 4, 5 and 6: Full Coursework Assessment <ul style="list-style-type: none"> Using the set assignment to complete the second coursework task (Learning aim B). | | | | |

Prior Learning

What have you learnt previously that will help you on this learning Aim?

1. Component 1 learning aim A
2. Taking part in a variety of sports in PE

Keywords

Highlight the words that you are unsure of the start of the learning aim.

As we progress through the learning aim, tick the word off that you have learnt the meaning of.

| | | | | | |
|--------|--------------------------|----------------------|-------------|------------------|-------------|
| Week 1 | Limitations | Wicking | Traction | Shock Absorption | Feature |
| | Aerodynamics | Thermoregulation | | | |
| Week 2 | Sport specific equipment | Safety equipment | Prosthetics | Audible | Inclusive |
| | Officials | Assistive technology | | | |
| Week 3 | Restricted | Facility | Versatile | Limitation | Advancement |
| | Performance analysis | Fatigue | Trajectory | Implement | Hinder |
| | Recreationally | | | | |

Future Learning

What will we be learning in the future?
How could this unit help you in your future career?

Component 1 - We will work on the last learning aim of component 1. You will learn how to plan a warm-up and deliver this to students.

Component 2 – You will know the components of fitness required to take part in different sports and physical activities. You will also research the rules and regulations for a sport and apply these to different situations in a game. You will also research the roles and responsibilities for the officials in that sport. Lastly you will be recorded taking part in a competitive sport and leading a lesson to a group of students.

Component 3 – You will learn how to design a training programme to suit an individual. You will look at how to measure fitness a person's fitness and what methods you can use to improve this.

Future Career – This unit will help with students who wish to pursue a career in sport. It is especially useful if you would like to be a teacher or personal trainer. You will learn about different participants and the different activities that will be suited for each participant. This assignment is also useful if you wish to be a physiotherapist or an official in sport.

Homework

Students will be given a minimum of one homework per week. They will be asked to complete a combination of research, written tasks and exam style questions. Failure to complete homework will result in a 25 minute detention.

How can you help

Encourage pupils to make use of resources that are uploaded onto TEAMS.

You can help them by ensuring their homework is completed on time. Supporting them with their written work and encouraging them to research and then reduce and summarise information rather than copying from the internet.

Encourage them to attend intervention sessions afterschool to ensure they are up to date with coursework assignments.