



Archbishop Beck Catholic College



PE Medium Term Plan - Year 10 2021/2022

Autumn Term (Sept - Oct) - 6 weeks	Autumn Term (Oct-Dec) - 7 weeks	Spring Term (Jan-Feb) - 7 weeks
<u>Unit R041 - Reducing the risk of sports injuries</u>	<u>Unit R041 - Reducing the risk of sports injuries</u>	<u>Practical - National Curriculum</u>
<u>Lesson Sequence - 1 to 3</u>	<u>Lesson Sequence - 7 to 9</u>	Trampolining / Fitness / Dance / Netball / Football / Badminton / Basketball
LO1: Understand different factors which influence the risk of injury	LO3: Know how to respond to injuries within a sporting context	3 x 4 week blocks of activity
Identify intrinsic and extrinsic factors and explain how they can influence the risk of injury.	Explain the difference between acute and chronic injuries, causes and treatment.	Students will partake in a carousel of activities throughout the term.
<u>Lesson Sequence - 4 to 6</u>	Describe SALTAPS/RICE procedures and how to conduct an emergency action plan.	
LO2: Understand how appropriate warm up and cool down routines can help to prevent injury	<u>Lesson Sequence - 10 to 11</u>	
Identify and explain the physical, psychological benefits and components of a warm up cool down.	LO4: Know how to respond to common medical conditions	
Explain specific needs that must be considered.	Identify and explain symptoms of common medical conditions and how to respond to them.	
	<u>Lesson sequence 12 to 13 - Revision</u>	
Assessment- Examination January	Assessment-Examination January	Assessment - / = / + Practical

<p>Spring Term (Feb- March) - 6 weeks</p> <p><u>Practical - National Curriculum</u> Trampolining / Fitness / Handball / Rounders/ Netball / Football / Badminton / Basketball / Volleyball</p> <p>3 x 4 week blocks of activity</p> <p>Students will partake in a carousel of activities throughout the term.</p> <p>1 week Interform</p>	<p>Summer Term (April-May) - 5 weeks (10E 4 weeks due to INSET)</p> <p><u>Unit R042 - Applying principles of training</u></p> <p><u>Lesson sequence 1 to 5</u></p> <p>LO1: Know the principles of training in a sporting context</p> <p>Describe the principles of training with developed examples, applied to specific sporting contexts.</p> <p>LO2: Know how training methods target different fitness components</p> <p>Describe aerobic and anaerobic exercise, with a wide range of relevant training methods.</p> <p>Identify components of fitness and describe a wide range of specific training methods.</p>	<p>Summer Term (June-July) - 6 weeks</p> <p><u>Unit R042 - Applying principles of training</u></p> <p><u>Lesson sequence 6 to 8</u></p> <p>LO3: Be able to conduct fitness tests</p> <p>Independently carry out fitness tests, considering protocol and precisely record results.</p> <p>Interpret results clearly, make detailed reference to normative data, reliability and validity.</p> <p><u>Lesson sequence 9 to 11</u></p> <p>LO4: Be able to develop fitness training programmes</p> <p>Independently design a training programme that meets specific needs and that applies all the principles of training.</p> <p>Evaluate the design and delivery of the programme.</p>
<p>Assessment - / = / + Practical</p>	<p>Assessment - Coursework Deadline July</p>	<p>Assessment-Coursework Deadline July</p>

