Over the next 4 months we will be completing our component 1 coursework. This work will be sent off to the exam board.

	Completed	RAG Rate		
		R	A	G
Learning Aim A: • 3-4 page word document. • Using the case study identify two appropriate sports and explain the barriers that could reduce participation in physical activity. •				
Learning Aim B: • 12 slide PowerPoint. • Research the clothing, footwear, equipment and technology that is needed for one sport.				
Learning Aim C: • 3-4 page word document • 10 minute warm up leadership video • Design a warm up and lead it to a group of students.				

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

1. Studied a variety of team and individual sports in school.
2. Outdoor activities at Blackwell adventure
3. Component 1 content and research in term 1

Future Learning

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

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.

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 knowledge retrieval quizzes on the computer. 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.