



How does this unit link to prior learning?

- You have already looked at warming up and the benefits of this in core PE lessons.
- You have already completed Learning Aim A and B and so understand the case study and how you can apply a chosen warm-up to this.
- Leadership roles that you have taken on in school. You may have helped out with Primary school sports leadership events which will help you with this learning aim.

What will you be learning about?

You will continue to learn about component 1 for this term. You have already completed Learning Aim A and B, you will now move on to the final assignment Learning Aim C. For this assignment you will know the components of a warm-up and be able to give examples of exercises that can be performed for each. You will also be able to discuss the cardiorespiratory and musculoskeletal effects that the warm-up will have on a performer. You will then be required to design a warm-up for the person that is outlined in the case study using the sport you wrote about in learning aim A and B. You will then be recorded delivering this warm up.

We will develop our learning each week by focusing on:

<p>1.Components of a warm-up</p> <p>We will look at the components of a warm-up and discuss different sporting examples of these.</p> <p>We will also have a practical lesson alongside this to put the content into practice.</p>	<p>RAG</p>	<p>5.You will complete your written assignment.</p> <p>You will design a warm-up for the person in the case study and justify the benefits that this will have on the 4 body systems.</p>	<p>RAG</p>
<p>2.The effects of the exercise on then body systems.</p> <p>We will look at the effects of a warm-up on the Cardiovascular, Respiratory, Muscular and Skeletal systems. We will also complete a mini assessment during this topic.</p> <p>We will also have a practical lesson alongside this to put the content into practice.</p>		<p>6.You will complete your written assignment.</p> <p>You will design a warm-up for the person in the case study and justify the benefits that this will have on the 4 body systems.</p>	
<p>3.Attributes needed when leading a warm-up session</p> <p>We will look at what attributes are needed in order to lead a successful warm up. We will look at communication, equipment organisation and time keeping.</p> <p>We will also have a practical lesson alongside this to put the content into practice.</p>		<p>7.You will complete your practical assignment.</p> <p>Using the warm-up plan you have created, you will now lead a 10-minute warm-up to younger students. This will be videoed for the moderator.</p>	
<p>4.Delivering a Warm-up</p> <p>You will look at how to deliver a warm-up and ensure it is suited to the needs of the participants.</p> <p>We will also have a practical lesson alongside this to put the content into practice.</p>		<p>8.Youwill have time to complete any outstanding work.</p> <p>You will have time to make final changes to your work before it is submitted to the moderator.</p>	

Key vocabulary

Component	Mobility	Skill Rehearsal	Cardiovascular	Respiratory
Pulse Raiser	Stretching	Justification	Muscular	Skeletal

How will this help you in the future?

KS4

This component will help you when you complete component 2 of the BTEC Sport course. It will prepare you to lead a full lesson to younger students.

It will also prepare you for component 3, the exam unit. It will prepare you for the anatomy and physiology topic of the papers.

Beyond LHS

This Component can help with completing personal warm-ups for your own sports sessions to prevent injury.

It can also prepare you for completing a Level 3 BTEC Sport course at college.

It can also assist with the careers in the future:

Sports Coach, Personal Trainer, Physiotherapist, Sports Therapist, PE Teacher, Exercise Physiologist, Armed Forces roles, Police / Fire Service, Sports Development Officer and Leisure Centre Staff.