

Plan Of Learning For The Year (R180 – Reducing the risk of sports injuries and (R181 – Applying the Principles of Training)

<p>Half Term 1</p> <ul style="list-style-type: none"> R180 TA1-3: Different factors which influence the risk and severity of injury. Warm up and cool down routines. Different types and causes of sports injuries. <p>Half Term 2</p> <ul style="list-style-type: none"> R180 TA4-5: Reducing risk, treatment and rehabilitation of sports injuries and medical conditions. Causes, symptoms, and treatments of medical conditions. <p>Half Term 3</p> <ul style="list-style-type: none"> R181 TA3: Organising and planning a fitness training programme. 	<p>Half Term 4</p> <ul style="list-style-type: none"> R181 TA3: Organising and planning a fitness training programme. <p>Half Term 5</p> <ul style="list-style-type: none"> R181 TA4: Evaluate own performance in planning and delivery of fitness training programme. <p>Half Term 6</p> <ul style="list-style-type: none"> R181 TA4: Evaluate own performance in planning and delivery of fitness training programme.
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Feedback, Retrieval & Assessment	Super curriculum opportunities / extra-curricular activities	Cultural Capital, SMSC, Careers and Futures
<ul style="list-style-type: none"> On-going formative assessment by teachers during lessons. Self and peer assessment in relations to MB (Mark Bands). One-to-one discussions between staff and students. Written set tasks within lessons and as part of homework/IL (Independent Learning). Practical lessons to promote understanding and retrieval of subject specific content. 	<ul style="list-style-type: none"> Club links enabling students to experience practical learning and consolidation of subject specific content. Provide suitable sporting documentaries for students to watch and interact with as part of homework/IL. Engage with online quizzes to stimulate learning on specific content (sports injuries). 	<ul style="list-style-type: none"> Independent, paired and group work throughout lessons. Create a sense of belonging, worth and contribution to a team. Broaden the horizons and increase the aspirations of students. Learn about iconic sporting figures in relation to units covered. Provide clear educational pathways for students to move onto in the sporting world.

Common misconceptions	Connecting New Knowledge	Challenge for all
<ul style="list-style-type: none"> Best methods for training and how to improve fitness. Types and causes of injuries. Ways in which injuries can/should be treated. Common medical conditions. 	<ul style="list-style-type: none"> Sequencing of learning (units) allows students to access, and re-access content delivered. Units across the three-year course overlap in areas allowing students to access content/knowledge previously learnt and make suitable links to future content. SSV (Subject Specific Vocabulary) underpins each unit which flow between one another. 	<ul style="list-style-type: none"> Continual reference to success criteria across all three MB (Mark Bands). Unified approach to assessment and feedback. Students understand where feedback is, how it is presented, and next steps in improving work. Differentiated student resources including, templates, scaffolded tasks/worksheets, resource booklets, online/interactive web pages.