

Y11 PE Curriculum Progression Map for Unit RO41 – Reducing the Risk of Sports Injuries

	Term 1	Term 1	Term 2	Term 2
Dates	4 th September – 20 th October	4 th September – 20 th October	30 th October – 15 th December	30 th October – 15 th December
Weeks	7 Weeks	7 Weeks	7 Weeks	7 Weeks
Lessons	21 lessons approx.	21 lessons approx.	21 Lessons approx.	21 Lessons approx.
Inset	2 nd , 3 rd , 20 th September	2 nd , 3 rd , 20 th September	2 nd December	2 nd December
Unit Title	Learning Outcome 1 – Understand different factors which influence the risk of injury	Learning Outcome 2 – Understand how appropriate warm up and cool down routines can help to prevent injury	Learning Outcome 3 - know how to respond to injuries within a sporting context	Learning Outcome 4 – Know how to respond to common medical conditions
Sequence	<ul style="list-style-type: none"> Extrinsic factors which can influence injury Type of activity (e.g. contact sports/ gymnastics activities) Coaching/ supervision Environmental Factors Equipment Safety Hazards Intrinsic Factors which can influence the risk of injury Physical Preparation Individual Variables Psychological Factors Posture and causes of poor posture Poor stance/ Gait Sitting positions Physical defects Lack of exercise Fatigue Emotional Factors Clothing/ Footwear Sports injuries related to poor posture Pelvic tilt, lordosis, kyphosis, round shoulder, scoliosis 	<p>Key skills to include:</p> <ul style="list-style-type: none"> Physical benefits of a warm up Psychological benefits of a warm up Key components of a warm up Physical benefits of a cool down Key components of a cool down Specific needs which a warm up and cool down must consider Suitability of warm up as a preparation for a particular Sport/ activity Environmental factors 	<p>Key skills to include:</p> <ul style="list-style-type: none"> Acute and chronic injuries Types, causes and treatment How to respond to injuries and medical conditions in a sporting context Emergency Action Plans (EAP) in a sporting context: 	<p>Key skills to include:</p> <ul style="list-style-type: none"> Symptoms of medical conditions Asthma Diabetes Epilepsy How to respond to medical conditions Ensure awareness of medical conditions prior to commencing physical activity Treatments for: Asthma, Diabetes, Epilepsy
Rationale	<p>Taking part in sport and physical activity puts the body under stress. Knowing how to reduce the risk of injury when taking part in sport, and how to respond to injuries and medical conditions in a sport setting are, therefore, vital skills in many roles within the sport and leisure industry, whether you are a lifeguard, a steward at a sports stadium or a personal fitness instructor.</p> <p>By completing this LO, learners will know how to prepare participants to take part in physical activity in a way which minimises the risk of injuries occurring.</p>	<p>Taking part in sport and physical activity puts the body under stress. Knowing how to reduce the risk of injury when taking part in sport, and how to respond to injuries and medical conditions in a sport setting are, therefore, vital skills in many roles within the sport and leisure industry, whether you are a lifeguard, a steward at a sports stadium or a personal fitness instructor.</p> <p>By completing this LO, learners will know how to prepare participants to take part in physical activity in a way which minimises the risk of injuries occurring.</p>	<p>Taking part in sport and physical activity puts the body under stress. Knowing how to reduce the risk of injury when taking part in sport, and how to respond to injuries and medical conditions in a sport setting are, therefore, vital skills in many roles within the sport and leisure industry, whether you are a lifeguard, a steward at a sports stadium or a personal fitness instructor.</p> <p>By completing this LO, learners will know how to minimise the risk of injuries occurring.</p>	<p>Taking part in sport and physical activity puts the body under stress. Knowing how to reduce the risk of injury when taking part in sport, and how to respond to injuries and medical conditions in a sport setting are, therefore, vital skills in many roles within the sport and leisure industry, whether you are a lifeguard, a steward at a sports stadium or a personal fitness instructor.</p> <p>By completing this LO, learners will know how to recognise the symptoms of some common medical conditions.</p>
Key Building Blocks	<p>Knowledge of: Fitness and Health Leading a Healthy, Active Lifestyle - safely Coaching safety Individual Physical Safety Sports Injuries</p>	<p>Knowledge of: Warming up safely Cooling down safely Suitable preparation for Sporting activities.</p>	<p>Knowledge of: Sporting injuries Treatments for basic injuries Appropriate risk assessment prior to sport</p>	<p>Knowledge of: Various medical conditions Warming up Cooling down Own application of knowledge</p>
Retrieval Practices	<p>Whiteboard activities Q and A sessions Interleaving Spacing DIRT activities</p>	<p>Whiteboard activities Q and A sessions Interleaving Spacing DIRT activities</p>	<p>Whiteboard activities Q and A sessions Interleaving Spacing DIRT activities</p>	<p>Whiteboard activities Q and A sessions Interleaving Spacing DIRT activities</p>
Key Skills	<p>Listening Practical application Learning and understanding of delivered content Application of knowledge</p>	<p>Listening Practical application Learning and understanding of delivered content Application of knowledge</p>	<p>Listening Practical application Learning and understanding of delivered content Application of knowledge</p>	<p>Listening Practical application Learning and understanding of delivered content Application of knowledge</p>
Key terms	<p>Intrinsic Extrinsic Psychological factors Pelvic tilt, lordosis, kyphosis, round shoulder, scoliosis Hazards Risk assessments</p>	<p>Physical Psychological Environmental factors Benefits Suitability</p>	<p>Chronic Acute EAP's</p>	<p>Asthma Diabetes Epilepsy</p>
Numeracy	NA	NA		
Literacy	Written & Oral communication - Tier 2 & 3 vocab development	Written & Oral communication - Tier 2 & 3 vocab development	Written & Oral communication - Tier 2 & 3 vocab development	Written & Oral communication - Tier 2 & 3 vocab
Formative Assessment	<p>Peer & Self-Assessment Model answer comparison Low stakes quizzes Teacher feedback Progress quizzes</p>	<p>Peer & Self-Assessment Model answer comparison Low stakes quizzes Teacher feedback Progress quizzes</p>	<p>Peer & Self-Assessment Model answer comparison Low stakes quizzes Teacher feedback Progress quizzes</p>	<p>Peer & Self-Assessment Model answer comparison Low stakes quizzes Teacher feedback Progress quizzes</p>
Summative Assessment	<p>AP points Mock exams in November End of unit assessments</p>	<p>AP points Mock exams in November End of unit assessments</p>	<p>AP points Mock exams in November End of unit assessments</p>	<p>AP points Mock exams in November End of unit assessments</p>

SMSC, BV & Cultural Capital	Recognition that everyone is different and that some may struggle in certain situations due to injury, illness and physical defects.	Recognition that everyone is different and that some may struggle in certain situations due to injury, illness and physical defects.	Recognition that everyone is different and that some may struggle in certain situations due to injury, illness and physical defects.	Recognition that everyone is different and that some may struggle in certain situations due to injury, illness and physical defects. Citizenship –learning to be tolerant of others.
Linking curriculum to careers	Links to jobs and careers within the health, fitness and sports industry. Coaching Risk assessor / safety officer First aider	Links to jobs and careers within the health, fitness and sports industry. Coaching Risk assessor / safety officer First aider	Links to jobs and careers within the health, fitness and sports industry. Coaching Risk assessor / safety officer First aider / nurse / paramedic	Links to jobs and careers within the health, fitness and sports industry. Coaching Risk assessor / safety officer First aider / nurse / paramedic