



LEARNING JOURNEY

Component 1 – Learning Aim B



Over the next 10 lessons we will be learning content for your second coursework task – Component 1 task B. You will learn about clothing, equipment, facilities and technology that are required to take part in physical activity. We will also look at the impact of this on the participant or the sport.

This assignment requires you to complete a 10-12 slide PowerPoint presentation. You will have the knowledge to discuss what is required for different sports and how this will improve performance.

We will develop our learning each week by focusing on:	Completed	RAG Rate		
		R	A	G
Lesson 1: Clothing and footwear <ul style="list-style-type: none"> Know the features of clothing that can assist performance. Know the features of footwear that can assist performance. 				
Lesson 2: Clothing technology <ul style="list-style-type: none"> Know the technology that is used in clothing to improve performance. Know the technology that is used in footwear to improve performance. 				
Lesson 3: Sporting equipment <ul style="list-style-type: none"> Know the sporting equipment required in sports. Know the travel-related equipment needed in sports. Know the scoring equipment needed in sports. Know the protective equipment needed in sports. 				
Lesson 4: Sporting equipment continued <ul style="list-style-type: none"> Know the officials equipment needed for sport. Know the disability equipment required in sports. 				
Lesson 5: Mini Assessment <ul style="list-style-type: none"> Complete a mini assessment on the topics covered so far. Identify the clothing, footwear and equipment required for an individual. 				
Lesson 6: Sports facilities <ul style="list-style-type: none"> Know the types of facilities that available to participants. Know the advantages and disadvantages of these facilities. 				
Lesson 7: Sport technology <ul style="list-style-type: none"> Know the different types of technology that are can be used by individuals or sports teams. 				
Lesson 8: Limitations of sport technology <ul style="list-style-type: none"> Know the different limitation to technology and the impact this can have on participation. 				
Lesson 9: Full mock assessment <ul style="list-style-type: none"> Complete a full assessment on all of component 1 – learning aim B. 				
Lesson 10: Close the gap <ul style="list-style-type: none"> You will also complete close the gap work from your full assessment 				

Prior Learning

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

1. Component 1 learning aim A
2. Taking part in a variety of sports in PE

Keywords

Highlight the words that you are unsure of the start of the learning aim.

As we progress through the learning aim, tick the word off that you have learnt the meaning of.

Lesson 1	Limitations	Wicking	Traction	Shock Absorption	
Lesson 2	Aerodynamics	Thermoregulation	Feature		
Lesson 3	Sport specific equipment	Safety equipment			
Lesson 4	Officials	Assistive technology	Prosthetics	Audible	Inclusive
Lesson 5	Restricted				
Lesson 6	Facility	Versatile			
Lesson 7	Performance analysis	Fatigue	Trajectory	Implement	Hinder
Lesson 8	Limitation	Advancement			
Lesson 9	Recreationally				

Future Learning

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

Component 1 - We will work on the last learning aim of component 1. You will learn how to plan a warm-up and deliver this to students.

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 or an official in

sport.