



LEARNING JOURNEY

Component 1 – Learning Aim A

Over the next 10 lessons we will be learning content for your first coursework task – Component 1 task A. You will learn about types of sports and physical activities that are available for different participants. We will also look at the barriers that participants may face when taking part in sport and physical activity.

This assignment requires you to complete a 3-4 page written document. You will have the knowledge to suggest sports and physical activities for different people and explain why these activities will be beneficial to them.

We will develop our learning each week by focusing on:	Completed	RAG Rate		
		R	A	G
Lesson 1: Types of sport <ul style="list-style-type: none"> • Know the difference between team and individual sports. • Know the physical, mental and social benefits of taking part in sports. 				
Lesson 2: Physical activity <ul style="list-style-type: none"> • Know the different types of physical activities. • Know the physical, mental and social benefits of taking part in physical activity. 				
Lesson 3: Outdoor sports <ul style="list-style-type: none"> • Know the types of outdoor activities available and the benefits of this. • Know the physical, mental and social benefits of taking part in outdoor sports. 				
Lesson 4: Mini Assessment <ul style="list-style-type: none"> • Complete a mini assessment focusing on types of sport, physical activity and outdoor sports. • Identify an activity that is suitable for the person in the case study. 				
Lesson 5: Sport Provision <ul style="list-style-type: none"> • Know the types of sport provision available. • Know the positives and negatives to each type of provision. • You will also complete close the gap work from your mini assessment. 				
Lesson 6: Types of participants <ul style="list-style-type: none"> • Know some health conditions that may impact how a participant takes part in activities. • Know the government physical activity guidelines suggested for each age group. 				
Lesson 7: Mini Assessment <ul style="list-style-type: none"> • Complete a mini assessment focusing on Sport provision and types of participants. • Identify and explain which provision is best suited to the person in the case study. • Identify how much physical activity the person in the case study should be doing each week. 				
Lesson 8: Barriers that impact participation in sport <ul style="list-style-type: none"> • Know the 5 barriers that could impact a participants involvement ion sport or physical activity. • Identify ways to overcome these barriers to ensure all can participate. • You will also complete close the gap work from your mini assessment. 				
Lesson 9: Full mock assessment <ul style="list-style-type: none"> • Complete a full assessment on all of component 1 – learning aim A. 				
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. Studied a variety of team and individual sports in school.
2. Outdoor activities at Blackwell adventure

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	Physical Exertion	Regulations	Sport		
Lesson 2	Vigorous Activity	Resilience	Body Composition		
Lesson 3	Physical Exertion	Endorphins	Risk	Sedentary	
Lesson 4	Disposable Income				
Lesson 5	Provision	Subsidised	Accessibility	Investors	
Lesson 6	Motor Skills	Adolescents	Participant	Menopause	Inclusion
Lesson 7	Limitations				
Lesson 8	Barrier				

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 remaining learning aims of component 1. This will focus on the equipment needed to take part in sport and physical activities. You will also 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.

