

Key Stage 4 Curriculum Map 2020 - 2021

Term 2

Subject: iGCSE Physical Education	Year: 11	
Focus/Topic	UAE Links	Home Learning / Reading
<p><u>3rd January 2020</u> Global Events</p> <p>The advantages of being a host nation:</p> <ul style="list-style-type: none"> • stadia and training facilities • home advantage • increase in national pride • improved tourism • increased employment • legacy implications • infrastructure. 	<p>What Global Sporting Events have occurred in the UAE?</p>	<p>www.teachpe.com www.brianmac.com</p>
<p><u>10th Jan</u> <u>Professional and Amateur Events</u></p> <p>The difference between being a professional and an amateur:</p> <ul style="list-style-type: none"> • traditional differences • increased blurring between professional and amateur status • both amateurs and professionals competing at the Olympic Games. 	<p>What are the professional and amateur teams in the UAE for specific sports?</p>	<p>www.teachpe.com www.brianmac.com</p>
<p><u>17th Jan</u> <u>Technology</u></p> <p>The use of technology in sport, including:</p> <ul style="list-style-type: none"> • decision-making by officials, e.g. in tennis, football and rugby • recording time and distance, e.g. in athletics • enhancing performance, e.g. in cycling. <p>The positive and negative impact of technology on:</p> <ul style="list-style-type: none"> • officials • performers 	<p>How has the UAE influenced technology in sport?</p>	<p>www.teachpe.com www.brianmac.com</p>

<ul style="list-style-type: none"> • the audience/spectators • the sport or event 		
<p><u>24th Jan</u> Factors affecting access and participation in physical activities</p> <p>The factors that affect access to physical activity:</p> <ul style="list-style-type: none"> • age • gender • disability • social and cultural influences. <p>The factors that affect participation:</p> <ul style="list-style-type: none"> • access • discrimination • education • environment and climate • family • financial considerations • media coverage • role models • time and work commitments. <p>Explain strategies to increase participation and overcome barriers (promotion, provision and access).</p>		<p>www.teachpe.com www.brianmac.com</p>
<p><u>7th Feb</u> <u>Performance enhancing drugs (PEDs)</u></p> <p>The reasons why some performers use prohibited performance-enhancing drugs, including:</p> <ul style="list-style-type: none"> • to enhance performance • to keep up with the competition • fame and increased wealth. <p>The types of PEDs and their effects on performance:</p> <ul style="list-style-type: none"> • anabolic steroids – increase muscle mass • beta blockers – reduce anxiety • stimulants – increase alertness • diuretics – weight loss. <p>The role of organising bodies in preventing and reducing the use of PEDs:</p> <ul style="list-style-type: none"> • types of testing • reasons for banning drugs. 		<p>www.teachpe.com www.brianmac.com</p>

Suggest physical activities in which these PEDs could give an advantage		
Mid Term Break		
<p><u>28th Feb</u> <u>Disadvantages of PEDs</u></p> <p>The disadvantages of PEDs, including:</p> <ul style="list-style-type: none"> • health implications • financial penalty • public humiliation • disqualification or being banned • effect on other competitors. <p>The negative consequences of drugs scandals</p>		<p>www.teachpe.com www.brianmac.com</p>
<p><u>7th March</u> <u>Blood Doping</u></p> <p>The reasons why some performers use blood doping. How blood doping is carried out. The effects of blood doping on performance. The potential side effects of blood doping.</p>		<p>www.teachpe.com www.brianmac.com</p>
<p><u>15th March</u> <u>Sportsmanship and gamesmanship</u></p> <p>The terms sportsmanship and gamesmanship, including:</p> <ul style="list-style-type: none"> • how sportsmanship can be displayed • how gamesmanship can be displayed. <p>Examples of sportsmanship and gamesmanship in physical activities.</p> <p><u>Risk</u> The difference between real risk and perceived risk. Identify examples of real and perceived risks.</p>		<p>www.teachpe.com www.brianmac.com</p>
<p><u>22nd March</u> <u>Risk assessment</u></p> <p>Risks in different environments, including indoor sports halls, playing fields, swimming pools, artificial surfaces. Strategies to reduce the risk and severity of injury in physical activities:</p> <ul style="list-style-type: none"> • protective clothing and equipment • appropriate clothing and footwear • lifting and carrying equipment safely • maintaining hydration • use of warm up and cool down 	<p>What risk assessments/ safety policies do we have to follow in the UAE?</p>	<p>www.teachpe.com www.brianmac.com</p>

<ul style="list-style-type: none"> • following rules • suitable level of competition. 		
<p><u>29th March</u> <u>Injuries</u></p> <p>Potential causes of, and simple treatments for, the following minor injuries:</p> <ul style="list-style-type: none"> • winding • simple cuts or grazes • blisters. <p>Explain the causes of bruises, muscle, tendon and ligament injuries and the RICE method for treating these injuries.</p>	<p>Assessment Weeks</p>	
<p>Spring Break</p>		