Foxford Learning Plan

YEAR 10

Topic: Component 1 LOB

Autumn 2

Key Vocabulary

Indoor Sports Facilities	Buildings available to play indoor sports
National Parks	Outdoor facilities offering outdoor and adventurous activities
Smartwatch	Features technology to monitor heart rate and other vital signs
GPS	Tracks a player's health and fitness as well as distance covered and position during the game
Hyperthermia	A result of overexertion in hot temperature
Hypothermia	A drop in body temperature below 35 degrees C

Key Skills

Over the course of the topic, I will be able to: -
Recommend the types of clothing and footwear required for participation based around individual needs
Recommend the protective equipment required by particular sports performers based on their sport and individual needs
Recommend technology to support participation, officiating and performance analysis with an identified sport or physical activity
Recommend assistive technology to support participation for individuals with disabilities

I will Understand

1. The different types of clothing and equipment required for participation in different activities
2. The different types of clothing and equipment required for participation by people with disabilities and sports officials
3. Different types of technology available in sport sand their benefits for participation
4. The limitations of using technology in sport and physical activity
5. How I will be assessed in this part of Component 1