

## **Key Stage 4 Curriculum Map 2020 - 2021**

## Term 2

Subject: iGCSE Physical Education	Year: 11	Year: 11	
Focus/Topic	UAE Links	Home Learning / Reading	
3 <sup>rd</sup> January 2020 Global Events	What Global Sporting Events have occurred in the UAE?	www.teachpe.com www.brianmac.com	
The advantages of being a host nation:  • stadia and training facilities  • home advantage  • increase in national pride  • improved tourism  • increased employment  • legacy implications			
<ul> <li>infrastructure.</li> <li>10<sup>th</sup> Jan         Professional and Amateur Events     </li> <li>The difference between being a professional and an amateur:         <ul> <li>traditional differences</li> <li>increased blurring between professional and amateur status</li> <li>both amateurs and professionals competing at the Olympic Games.</li> </ul> </li> </ul>	What are the professional and amateur teams in the UAE for specific sports?	www.teachpe.com www.brianmac.com	
17 <sup>th</sup> Jan Technology  The use of technology in sport, including:  • decision-making by officials, e.g. in tennis, football and rugby  • recording time and distance, e.g. in athletics	How has the UAE influenced technology in sport?	www.teachpe.com www.brianmac.com	
<ul> <li>enhancing performance, e.g. in cycling.</li> <li>The positive and negative impact of technology on:</li> <li>officials</li> <li>performers</li> </ul>			

• the audience/spectators	
• the sport or event	
24 <sup>th</sup> Jan	www.teachpe.com
Factors affecting access and participation in physical activities	www.brianmac.com
The factors that affect access to physical activity:	
• age	
• gender	
• disability	
social and cultural influences.	
The factors that affect participation:	
• access	
• discrimination	
• education	
environment and climate	
• family	
• financial considerations	
media coverage	
• role models	
• time and work commitments.	
Explain strategies to increase participation and overcome barriers (promotion, provision	
and access).	
7th Feb	www.teachpe.com
Performance enhancing drugs (PEDs)	-
	<u>www.brianmac.com</u>
The reasons why some performers use prohibited performance-enhancing drugs,	
including:	
• to enhance performance	
• to keep up with the competition	
• fame and increased wealth.	
The types of PEDs and their effects on performance:	
• anabolic steroids – increase muscle mass	
• beta blockers – reduce anxiety	
• stimulants – increase alertness	
• diuretics – weight loss.	
The role of organising bodies in preventing and reducing the use of PEDs:	
• types of testing	
• reasons for banning drugs.	

Suggest physical activities in which these PEDs could give an advantage   Mild Term Break			
www.teachpe.com   www.brianmac.com   www.teachpe.com   www.teachpe.com   www.teachpe.com   www.brianmac.com   www.brianmac.co			
Disadvantages of PEDs The disadvantages of PEDs, including:		reak	
The disadvantages of PEDs, including:  • health implications  • financial penalty  • public humilitation • disqualification or being banned • effect on other competitors.  The negative consequences of drugs scandals  Thy March Blood Doping  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.  **Ph March Bood Township and gamesmanship  **Ph March Soortsmanship and gamesmanship, including: • how sportsmanship can be displayed.  **Examples of sportsmanship and gamesmanship in physical activities.  **Risk Risk The difference between real risk and perceived risk. Identify examples of real and perceived risks.  **Zold March 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: • protective clothing and equipment • appropriate clothing and dequipment • appropriate clothing and equipment • appropriate clothing and footwear • lilting and carrying equipment safely • maintaining hydration			•
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• maintaining hydration			
	use of warm up and cool down		

<ul><li>following rules</li><li>suitable level of competition.</li></ul>		
29th March Injuries  Potential causes of, and simple treatments for, the following minor injuries:  • winding  • simple cuts or grazes  • blisters.	Assessment Weeks	
Explain the causes of bruises, muscle, tendon and ligament injuries and the RICE method for treating these injuries.		
Spring Break		