GCSE PE Learning Journey: C1 - Topics 3.5 & 3.6; C2 - Topics 2.2 & 3.3 Optimising Training and Preventing Injury, Warm Ups/Cool Downs; Goal Setting & **SMART**; Ethical and Socio-Cultural Issues

Step 12: Different types of sporting behaviour

Sportsmanship and gamesmanship: the reasons for, and consequences of, at elite level

Step 11: Activities

Activities included in warm-ups and cool downs

Step 10: WU Phases

Phases of a warm up and their significance in preparation for physical activity

Step 9: Purpose and importance of WU and CD

The purpose and importance of WU and CD to effective training sessions

Step 5: Injury prevention

Injury prevention through principles of training, rules, protective clothing and equipment, checking of facilities and equipment

Step 6: Injuries in sport

6 injuries that can occur during physical activity

Step 7: RICE

Management of soft tissue injuries

Step 8: Performanceenhancing drugs

8 PED's and their positive and negative effects on sporting performance and performer lifestyle

Step 4: PAR-Q

Using PAR-Q to assess personal readiness for training and amendments to training

Step 3: Setting and reviewing targets

How setting and reviewing targets can optimise performance

Step 2: Principles of **SMART** targets

What SMART stands for and the value of each principal to improving performance

Step 1: Goal setting

How it is used to optimise / improve performance









