UNIT 3 TACTICAL AWARENESS, ETHICS AND INTEGRITY AND PHYSICAL EDUCATION

Chapter 2 Tactical awareness
2.1 Introduction to tactical awareness
2.2 Approaches to motor learning and the development of tactical awareness
2.3 Introduction to dynamic models of learning
2.4 Introduction to a constraints-led approach to learning
2.5 Principles of decision making
2.6 Principles of play
2.7 Devising a personal tactical strategy
2.8 Evaluating personal performance
2.9 Developing tactical awareness in ‘invasion’ physical activities [ONLINE ONLY]

UNIT 4 ENERGY, FITNESS AND TRAINING AND PHYSICAL ACTIVITY

Chapter 4 Energy, fitness and training
4.1 Introduction to energy, fitness and training
4.2 Energy requirements for physical activity
4.3 Energy systems in physical activity
4.4 How energy systems interact during performance
4.5 Fitness requirements for physical activity
4.6 The role of oxygen in performance
4.7 Training concepts
4.8 Principles of training
4.9 Introduction to methods of training
4.9A Continuous training
4.9B Fartlek training
4.9C Resistance training
4.9D Interval training
4.9E Flexibility training
4.9F Circuit training

Chapter 5 Unit 4 revision and examination preparation
5.1 Revision - Energy systems
5.2 Revision - The role of oxygen in performance
5.3 Revision - Fitness requirements and principles of training
5.4 Revision - Periodisation
5.5 Revision - Features of a training program
5.6 Revision - Features of a training session
5.7 Revision - Devising and evaluating training sessions

INTEGRATED PHYSICAL ACTIVITIES FOR UNITS 3 & 4

Chapter 6 Skill drills
1.2A Plan, create and present a Project – folio
1.2B Create and present an Investigation – report
1.2C Strategies for improving your results on the Examination – combination response
1.2D Test your ability to create and present an Investigation – report
1.2E Conduct a survey and present the results
1.2F Use the internet to find relevant, credible and reliable sources
1.2G Plan, create and present a combination response
1.3A Capture and analyse video footage of physical performances
1.3B Conduct a survey and present the results
1.3C Use the internet to find relevant, credible and reliable sources
1.3D Plan, create and present an Investigation – report
1.3E Use the internet to find relevant, credible and reliable sources
1.3F Complete a combination response

Glossary
Index

* Contents subject to change prior to publication