

Progression grids

Whole Course covered.



1.1.1 PROGRESSION CHECK GRID @HTHAPE 1.1.2



Describe and explain how CHIPS R can influence participation?

A

How can Physical Activity stimulate Physical Challenge?

B

What are the benefits of a healthy, active lifestyle?

A

What constitutes a healthy, active lifestyle?

A*

How can physical activity relieve stress?

B

What are the components of each strand of CHIPS R

B

What roles and opportunities are available in sport?

C

What is Serotonin and what effect does it have on us?

B

How can agencies impact and influence participation in sport?

A

How can the P from CHIPS R influence participation?

B

What 3 agencies provide opportunities and provisions in physical activity?

C

What are the 4 stages of the Sports Participation Pyramid?

C

What does aesthetic mean?

C

What is meant by the term Self-Esteem?

C

Why would initiatives be used to improve participation?

B

What does CHIPS R stand for?

C



1.1.3

PROGRESSION CHECK GRID

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1.1.3



Provide a definition for each element of CRABS P **A**

Explain what B and R stand for in CRABS P **B**

How does Health link into a Healthy, Active Lifestyle? **A**

Why is BMMFC and CRABS P important to a healthy, active lifestyle? **A***

Explain what the C and F stand for in BMMFC **B**

Which element of CRABS P would be needed most by a rugby player? Explain **B**

Why is exercise important? **G**

Why is Fitness important to a healthy, active lifestyle? **B**

Provide a definition for each element of BMMFC **A**

How can the F in BMMFC help a gymnast? **B**

What does BMMFC stand for? **G**

What does CRABS P stand for? **G**

What is meant by the term health? **G**

What is the meant by the term of Fitness **G**

Why is exercise important to a healthy, active lifestyle? **B**

What does exercise mean? **G**



1.1.4 PROGRESSION CHECK GRID @HTHAPE 1.1.4



How can principles of training be used to plan a training programme? **A**

Which method of training would most suit a cross country runner? **B**

Why is it important to take into account the S of SMART when using methods of training? **A**

Why is goal setting important and how can FITT, SMART, Principles and Methods of Training be used effectively? **A** *

Why is a warm up and cool down important to a performer? **B**

What is meant by the term Reversibility and how does it link into FITT? **B**

List the 6 Methods of Training **G**

How can SMART targets be used for an Olympic athlete? **B**

Why is it important to use FITT when planning a training programme? **A**

List and explain 6 different fitness tests **B**

What are the Principles of Training? **G**

What does SMART stand for? **G**

What is a PAR-Q form? **G**

What does FITT stand for? **G**

Define the terms Aerobic and Anaerobic **B**

What is Goal Setting? **G**



1.1.5 PROGRESSION CHECK GRID @HTHAPE

1.1.5



What is the links between diet, exercise, work and rest within a healthy, active lifestyle? **A**

Why would protein be helpful to a rugby player within their diet? **B**

Define and explain the two types of carbohydrates and when they would be needed **A**

Outline the benefits of a balanced diet inline with a healthy, activity lifestyle **A***

What is the role of fibre within our diet and where would we find it? **B**

What are the requirements of a balanced diet? **B**

What types of minerals do we need? **C**

Why do we need to remain hydrated? **B**

Why do we need micro nutrients in our diet and what are their benefits? **A**

Why do we needs fats in a balanced diet? **B**

What are the micro nutrients? **C**

What are the key vitamins we need? **C**

Explain what a macro nutrient is? **C**

Where might we find carbohydrates? **C**

What two types of fats are there and where would we find them? **B**

Why do we need protein? **C**



1.2.1 PROGRESSION CHECK GRID @HTHAPE

1.2.1



Why is checking equipment and playing surfaces important?

A

How can optimum weight effect performance?

B

Identify 3 different risks in cricket and how they can be prevented

A

Why are performance enhancing drugs banned in sport?

A*

Why may anorexia effect a participants performance

B

What drug would help and archer and why

B

Explain 2 benefits of Steroids

G

How can recreational drugs hinder a participants performance

B

How can somatotype effect performance?

A

Explain the role of Diuretics

B

What are the 3 Somatotypes?

G

Define the term Obese

G

What is EPO

G

What is a PAR-Q Form

G

Describe and explain a sport suited to 1 somatotype

B

How can alcohol effect performance?

G



1.2.2

PROGRESSION CHECK GRID

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1.2.3



How can recreational drugs impact on CV and Respiratory System **A**

How can regular participation impact on the Respiratory System **B**

What is meant by the term oxygen debt and how can it occur? **A**

What are the long term effects on performance due to recreational drugs? **A***

What are the short term effects of exercise on the Respiratory system **B**

How can diet impact on the heart and CV system **B**

Why is rest important to the CV system **C**

What does Vital Capacity mean? **B**

What are the long term effects of exercise on the CV system **A**

What does Stroke Volume mean? **B**

What is the cardiac output formula **C**

What does hypertrophy mean **C**

What could effect blood pressure? **C**

What elements could impact on Respiratory System **C**

What are the short term effects of exercise on the CV system **B**

What does HR stand for **C**



1.2.4

PROGRESSION CHECK GRID

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1.2.4



How could performance enhancing drugs effect the muscular system? **A**

Explain Isometric and Isotonic Contractions **B**

What major muscles groups would a swimmer train and why? **A**

Discuss and explain the importance of the muscular system within a healthy, active lifestyle **A***

Describe the role of the antagonistic pair of muscles in the upper leg **B**

How can diet effect your muscular system? **B**

What is lactic acid? **C**

Discuss the short term effects of exercise on the muscular system **B**

What potential injuries can occur through training and how can they be treated? **A**

What are the long term effects of weight training on muscles? **B**

What is the thigh muscle known as? **C**

What does hypertrophy mean? **C**

What does antagonist mean? **C**

What does agonist mean? **C**

Why is rest important for the muscular system? **B**

What is the anatomical name for the upper arm muscle? **C**



1.2.5 PROGRESSION CHECK GRID

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1.2.5



What types of injury could occur to the skeletal system and what impact could this have on performance? **A**

What range of movements are available at the shoulder joint? **B**

What sort of injuries can occur through exercise and how can they be treated? **A**

Why is it important to have a healthy skeletal system to lead a healthy, active lifestyle? **A***

Name all the bones in the leg **B**

What are the effects of long term exercise on the Skeletal System? **B**

What vitamin is important to the skeletal system? **G**

Why is weight bearing exercise important to the skeletal system? **B**

How do muscles and bones work together to create movement in the leg? **A**

Name all the bones in the arm **B**

What type of joints are there in the skeletal system? **G**

What connects bone to muscle? **G**

What are the 4 functions of the skeletal system? **G**

What are the 5 ranges of movement at the joints? **G**

What connects bone to bone? **B**

What does RICE stand for? **G**



PROGRESSION CHECK GRID

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A	B	A	A*
B	B	C	B
A	B	C	C
C	C	B	C