## Progression grids

Whole Course covered.







Describe and explain how CHIPS R can influence

How can Physical Activity stimulate Physical Challenge?

what are the benefits of a healthy, ge? active lifestyle?

What constitutes a healthy, active lifestyle?

influence
participation?

How can physical
activity relieve

What are the components of each strand od CHIPS R

What roles and opportunities are available in sport?

What is
Serotonin and
what effect does
it have on us

How can agencies impact and influence

participation in

sport?

stress?

How can the P from CHIPS R influence

What 3 agencies provide opportunities and provisions in physical activity?

What are the 4 stages of the Sports Participation Pyramid?

What does aesthetic mean?

particpation? B

What is meant
by the term
Self-Esteem?

Why would initiatives be used to improve participation?

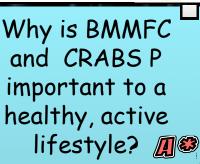
What does
CHIPS R
stand for?



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

Explain what B and R stand for in CRABS P

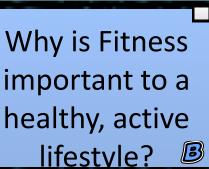
How does Health link into a Healthy, Active



Which element of Explain what the CRABS P would be C and F stand for needed most by a

rugby player? Explain

Lifestyle? Why is exercise

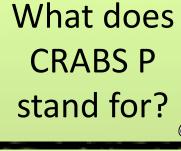


in BMMFC Provide a definition for

How can the F in BMMFC help a gymnast?

What does **BMMFC** stand for?

important?



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

each element of

What is the meant by the term of Fitness Why is exercise important to a healthy, active lifestyle?

What does exercise mean?



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

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

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

Why is goal setting important and how can FITT, SMART, Principles and Methods of Training be used effectivel

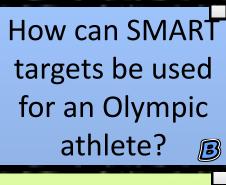
programme?

Why is a warm up and cool down important to a

performer?

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

List the 6 Methods of Training



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

List and explain
6 different
fitness tests

What are the Principles of Training?

What does
SMART stand
for?

What is a PAR-Q form?

What does FITT stand for?

Define the terms Aerobic and Anaerobic

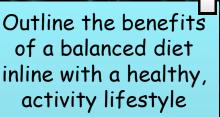
What is Goal Setting?



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

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

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



diet?

needed Meded What types of

Why do we need to remain

fibre within our diet and where would we find it?

What is the role of

requirements of a balanced diet?

What are the

minerals do we need?

hydrated?

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Why do we need micro nutrients in our diet and what

Why do we needs fats in a balanced diet?

What are the micro nutrients?

What are the key vitamins we need?

Explain what a macro nutrient is?

Where might we find carbohydrates?

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

Why do we need protein?



Why is checking equipment and playing surfaces important?

How can
optimum
weight effect
performance

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

Why are performance enhancing drugs banned in sport?

Why may anorexia effect a participants performance

What drug
would help and
archer and
why

Explain 2 benefits of Steroids How can recreational drugs hinder a participants performance B

Define the

How can somatotype effect

Explain the role of Diuretics

What are the 3
Somatotypes?

term Obese

What is

performance?

What is a PAR-Q Form

Describe and explain a sport suited to 1 somatotype

How can alcohol effect performance?



## 1.2.2





How can recreational drugs impact on CV and Respiratory System

How can regular participation impact on the Respiratory System

the term oxygen debt and how can it occur?

What is meant by

term effects on performance due to recreational drugs? 

What are the long

What are the short term effects of exercise on the

Respiratory system

How can diet impact on the heart and CV system

What does

Stroke Volume

Why is rest important to the CV system

What does **Vital Capacity** mean?

What does

hypertrophy

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

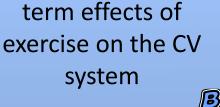
mean?

What is the cardiac output formula

What are the short

mean What does HR stand for

What elements What could could impact on effect blood Respiratory pressure? System











How could performance enhancing drugs

Explain Isometric and Isotonic Contractions

How can diet

effect your

What major muscles groups would a swimmer train and why?

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

system?

Describe the role of the antagonistic pair of muscles in the

upper leg

effect the muscular

muscular
system?

What are the long
term effects of

What is lactic acid?

Discuss the short term effects of exercise on the muscular system

What potential injuries can occur through training and how can they be trated?

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

What is the thigh muscle known as?

mean?
What is the anatomical name for the upper arm

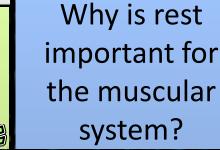
muscle?

What does

hypertrophy

What does antagonist mean?

What does agonist mean?





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

What range of movements are available at the shoulder joint?

What sort of injuries can occur through exercise and how can

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

Name all the bones in the leg

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

What vitamin is important to the skeletal system?

Why is weight baring exercise important to the skeletal system

What connects

bone to

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

Name all the bones in the arm

What type of joints are there in the skeletal system?

muscle?

What are the 4 functions of the skeletal system?

What are the 5 ranges of movement at the joints?

What connects bone to bone? What does RICE stand for?

