

SISSSCO015

Prepare participants for sport competition.

Lesson Content		Key Teaching Points	Additional extension
Block 1	<p>Create a key terminology and content page in your study book. As you are reading the content in the student workbook, you are to underline or highlight the key words and terminology for this unit.</p> <p>Create your own individual key terms point sheet which will assist with revision and study for this unit.</p> <p>Read page 130 -134</p> <ul style="list-style-type: none"> • Complete Inquiry Task 3A <p>Read page 136 - 139</p> <ul style="list-style-type: none"> • Use the SMART Acronym to set 3 personal goals • Complete Inquiry Task 3B 	<p>Covering the basic principles of:</p> <ul style="list-style-type: none"> • Planning • SMART goals 	<p>Completion of:</p> <ul style="list-style-type: none"> • Creating key terminology sheet • Critical questioning of content • Use an answer to create a question
	Practical session/s		

Lesson Content		Key Teaching Points	Additional extension
Block 2	<p>Students are to underline or highlight the key words and terminology for this unit and add to their key terminology and content page.</p> <p>Read page 141 - 144</p> <ul style="list-style-type: none"> Summarize all the main points a coach needs to consider when preparing and organizing athletes for competition Complete Reflection Bank Set A 	<p>Covering the basic principles of:</p> <ul style="list-style-type: none"> Apply competition 	<p>Completion of:</p> <ul style="list-style-type: none"> Creating key terminology sheet Critical questioning of content Use an answer to create a question
	Practical session/s		

Lesson Content		Key Teaching Points	Additional extension
Block 3	<p>Students are to underline or highlight the key words and terminology for this unit and add to their key terminology and content page.</p> <p>Read page 145 - 146</p> <ul style="list-style-type: none"> Search the internet for the Anti Doping Rule Violation Handbook and summarise the 11 anti doping rule violations <p>Read page 147 - 149</p> <ul style="list-style-type: none"> Complete Inquiry Task 3C 	<p>Covering the basic principles of:</p> <ul style="list-style-type: none"> Pre competition information 	<p>Completion of:</p> <ul style="list-style-type: none"> Creating key terminology sheet Critical questioning of content Use an answer to create a question
	<p>Practical session/s</p>		

Lesson Content		Key Teaching Points	Additional extension
Block 4	<p>Students are to underline or highlight the key words and terminology for this unit and add to their key terminology and content page.</p> <p>Read page 151 -153</p> <ul style="list-style-type: none"> Complete Inquiry Task 3D <p>Read page 154 - 157</p> <ul style="list-style-type: none"> Summarise the benefits of warm ups 	<p>Covering the basic principles of:</p> <ul style="list-style-type: none"> Post competition routine 	<p>Completion of:</p> <ul style="list-style-type: none"> Creating key terminology sheet Critical questioning of content Use an answer to create a question
	<p>Practical session/s</p>		

Lesson Content		Key Teaching Points	Additional extension
Block 5	Read page - 158 <ul style="list-style-type: none"> Complete Inquiry Task 3E 	Covering the basic principles of: <ul style="list-style-type: none"> Component 3 	Completion of: <ul style="list-style-type: none"> Creating key terminology sheet Critical questioning of content Use an answer to create a question Map the content to the UOC
	Practical session/s		



Lesson Content		Key Teaching Points	Additional extension
Block 6	Read page 162 - 163 • Complete Inquiry Task 3F Read page 165 - 167 • Complete Inquiry Task 3G • Complete Reflection Bank Set B	Covering the basic principles of: <ul style="list-style-type: none"> Support staff 	Completion of: <ul style="list-style-type: none"> Creating key terminology sheet Critical questioning of content Use an answer to create a question
	Practical session/s		