

OCR Year 11 Plan 2026

Week Commencing	Curriculum Time	Lesson content/Homework's	Supporting resources	Further Support
The students are working in groups of their component 3 task. They must complete a group dance based upon the theme treasured memories. They will also complete 3 written tasks in this process to show their ideas, their skills they use and the evaluation of how it went. These will be prepared in homework tasks and then completed where shown below.				
24 th November 2025	Lesson 1 Lesson 2 Lesson 3	Training plan Risk assessment Risk assessment	OCR powerpoint Work on Assignment OCR risk assessment template	
1 st December 2025	Lesson 1 Lesson 2	Compare pre and post test results for training programme Describe what went well and what didn't go well in training programme	OCR powerpoint Work on Assignment	
8 th December 2025	Lesson 1 Lesson 2	Describe how you adapted your plan Analyse the effectiveness of the training plan Describe how the plan could be improved	OCR powerpoint Work on Assignment	

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	Lesson 3			
15 th December 2025	Lesson 1 Lesson 2	Coursework finish Coursework finish	OCR powerpoint Work on Assignment	
Christmas Holidays				
5th Jan 2026	Lesson 1 Lesson 2 Lesson 3	EXAM UNIT Individual variables: <input type="checkbox"/> Gender <input type="checkbox"/> Age <input type="checkbox"/> Experience <input type="checkbox"/> Weight <input type="checkbox"/> Fitness levels <input type="checkbox"/> Technique/ability <input type="checkbox"/> Nutrition/hydration <input type="checkbox"/> Medical conditions <input type="checkbox"/> Sleep <input type="checkbox"/> Previous/recurring injuries Extrinsic Factors <input type="checkbox"/> Type of activity <input type="checkbox"/> Coaching <input type="checkbox"/> Environment <input type="checkbox"/> Equipment Psychological factors <input type="checkbox"/> Motivation <input type="checkbox"/> Arousal <input type="checkbox"/> Anxiety/stress <input type="checkbox"/> Confidence <input type="checkbox"/> Aggression ♣ Direct ♣ Channelled	OCR powerpoint OCR revision workbooklets Exam builder Revision guide pages 19-21 Pages 11-18 Page 23	

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		Reasons for aggression: <input type="checkbox"/> Level of performance <input type="checkbox"/> Retaliation <input type="checkbox"/> Pressures to win (performer/coach/spectators) <input type="checkbox"/> Decisions of officials <input type="checkbox"/> Performance enhancing drugs <input type="checkbox"/> Mental rehearsal <input type="checkbox"/> Imagery <input type="checkbox"/> Selective attention	Pages 21-22	
12 th Jan 2026	Lesson 1	Mental strategies: <input type="checkbox"/> Mental rehearsal <input type="checkbox"/> Imagery <input type="checkbox"/> Selective attention	OCR powerpoint OCR revision workbooklets Exam builder Pages 24-25	
	Lesson 2	Key components of a warm up: <input type="checkbox"/> Pulse raising <input type="checkbox"/> Mobility <input type="checkbox"/> Dynamic stretching <input type="checkbox"/> Skill rehearsal phase	Pages 26-27	
19 th Jan 2026	Lesson 1	Physiological benefits of warm up: <input type="checkbox"/> Increase in muscle temperature <input type="checkbox"/> Increase in heart rate <input type="checkbox"/> Increase in flexibility of muscles and joints <input type="checkbox"/> Increase in pliability of ligaments and	OCR powerpoint OCR revision workbooklets Exam builder Page 28	

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	<p>Lesson 2</p> <p>tendons □ Increase in blood flow and oxygen to muscles □ Increase in the speed of muscle contraction</p> <p>Psychological benefits of warm up</p> <p>□ Heighten or control arousal levels □ Improve concentration/focus □ Increase motivation □ Increase confidence □ Mental rehearsal</p> <p>Key components of a cool down</p> <p>Pulse lowering: □jogging</p> <p>Stretching: □ Maintenance stretches □ Static stretches □ Proprioceptive Neuromuscular Facilitation (PNF)</p> <p>Lesson 3</p> <p>Physiological benefits:</p> <p>□ Gradually lowers heart rate □ Gradually lowers temperature □ Circulates blood and oxygen □ Helps prevent blood pooling □ Gradually reduces breathing rate □ Removes waste products such as lactic acid □ Reduces risk of Delayed Onset of Muscle Soreness (DOMS)</p>	<p>Page 28</p> <p>Pages 29-30</p> <p>Pages 31-32</p>	
<p>26th Jan</p> <p>2026</p>	<p>Lesson 1</p>	<p>Physiological benefits:</p> <p>□ Gradually lowers heart rate □ Gradually lowers temperature □ Circulates blood and oxygen □ Helps prevent blood pooling □ Gradually</p>	<p>OCR powerpoint</p> <p>OCR revision</p> <p>workbooklets</p> <p>Exam builder</p> <p>Page 31</p>

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	Lesson 2	<p>reduces breathing rate □ Removes waste products such as lactic acid □ Reduces risk of Delayed Onset of Muscle Soreness (DOMS)</p> <p>Overview of acute injuries:</p> <p>□ Sudden trauma □ Immediate impact and pain</p> <p>Soft tissue and hard tissue injuries</p> <p>Strains: □ Torn muscle or tendon</p> <p>Sprains: □ Torn ligaments □ Anterior Cruciate Ligament (ACL)</p> <p>Skin damage: □ Abrasions/grazes □ Cuts/lacerations □ Contusions (bruises) □ Blisters</p> <p>Fractures: □ Open □ Closed</p> <p>-Links with stress fractures as chronic injuries</p> <p>Dislocations</p> <p>Head injuries: □ Concussion □ Possible links with head injuries and the onset of dementia and Alzheimer's</p>	Pages 33-38	
2 nd Feb 2026			MOCKS	
9 th Feb 2026			MOCKS	
16 th Feb 2026			HALF TERM	
23rd Feb	Lesson 1	Overview of chronic injuries:	OCR powerpoint	

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2026		<input type="checkbox"/> Overuse <input type="checkbox"/> Develop gradually over a period of time <input type="checkbox"/> Repetitive movement Tendonitis: <input type="checkbox"/> Achilles <input type="checkbox"/> Rotator cuff <input type="checkbox"/> Patellar Epicondylitis: <input type="checkbox"/> Lateral epicondylitis (Tennis elbow) <input type="checkbox"/> Medial epicondylitis (Golfers elbow) Shin splints Measures to reduce injuries Safety checks: <ul style="list-style-type: none"> ▪ Risk assessments, level of risk ♣ Control measures for the removal of hazards and reduction of risks ▪ Characteristics of the individual/group ▪ Group size 	OCR revision workbooklets Exam builder Page 39-44 Pages 45-46	
	Lesson 2			
	Lesson 3	Strategies to help reduce the risk of sports injuries and medical conditions: <input type="checkbox"/> Medicals <input type="checkbox"/> Screening <input type="checkbox"/> National Governing Body (NGB) policies	Page 47	
2 nd March 2026	Lesson 1	Emergency Action Plans (EAP): <input type="checkbox"/> Emergency personnel <input type="checkbox"/> Emergency communication <input type="checkbox"/> Emergency equipment	OCR powerpoint OCR revision workbooklets Exam builder	
	Lesson 2	SALTAPS on-field assessment routine, is an acronym for (See, Ask, Look, Touch, Active, Passive, Strength)	Page 48-49	

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		<p>DRABC is an acronym for (Danger, Response, Airway, Breathing, Circulation)</p> <p>Recovery position:</p> <ul style="list-style-type: none"> □ Unconscious performers who are breathing and have no other life-threatening conditions 	<p>Page 49</p> <p>Page 50</p>	
9 th March 2026	<p>Lesson 1</p> <p>Lesson 2</p> <p>Lesson 3</p>	<p>PRICE therapy is an acronym for (Protection, Rest, Ice, Compress, Elevate) Use of X-rays to detect injury</p> <p>Overview of treatments/therapies:</p> <ul style="list-style-type: none"> □ Massage □ Ultrasound □ Electrotherapy □ Hydrotherapy □ Cryotherapy □ Contrast therapy □ Painkillers ♣ Ibuprofen □ Support ♣ Kinesiology taping/neoprene/bandaging □ Immobilisation ♣ Cast/splint/sling <p>Asthma</p> <p>-Causes/triggers of asthma: □ Environment □ Exercise</p> <p>-Common Symptoms of asthma: □ Coughing □ Wheezing □ Shortness of breath □ Tightness in the chest</p> <p>-Treatment: □ Reassurance □ Inhalers/nebulisers</p>	<p>OCR powerpoint OCR revision workbooklets Exam builder Page 51 Pages 52-53</p> <p>Pages 56-57</p>	

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16 th March 2026	Lesson 1	Diabetes Overview of Type 1 and Type 2 diabetes - differences between Type 1 and Type 2 in relation to: <input type="checkbox"/> Age <input type="checkbox"/> Lifestyle Causes of Type 1 and Type 2 diabetes: <input type="checkbox"/> Type 1 diabetes – the body is unable to produce insulin <input type="checkbox"/> Type 2 diabetes – the body does not produce enough insulin, or insulin does not work properly Common symptoms of Type 1 and Type 2 diabetes: <input type="checkbox"/> Increased thirst <input type="checkbox"/> Urinating more often <input type="checkbox"/> Extreme tiredness <input type="checkbox"/> Weight loss <input type="checkbox"/> Cuts take a long time to heal Treatment of Type 1 and Type 2 diabetes: <input type="checkbox"/> Insulin/glucose <input type="checkbox"/> Lifestyle changes <input type="checkbox"/> Diet <input type="checkbox"/> Exercise Monitoring and treatment of different blood sugar levels: <input type="checkbox"/> Hypoglycaemia (Hypos) - low blood sugar <input type="checkbox"/> Hyperglycaemia - high blood sugar	OCR powerpoint OCR revision workbooklets Exam builder Pages 58-59	
	Lesson 2	Epilepsy Overview of epilepsy: <input type="checkbox"/> Seizures Common causes/triggers of epilepsy: <input type="checkbox"/> Severe head injuries <input type="checkbox"/> Anxiety/stress <input type="checkbox"/> Tiredness/lack of sleep	Pages 60-61	

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		Common symptoms of seizures affecting different parts of the body: □ Eyes □ Mouth □ Limbs Treatment: □ Anti-epileptic drugs (AEDs) □ Ketogenic diet		
23rd March 2026	Lesson 1 Lesson 2	Sudden Cardiac Arrest (SCA) Causes of SCA: □ Underlying genetic heart conditions □ Intense physical activity □ Sudden trauma Symptoms of SCA: □ Unconscious □ Breathing difficulties Treatment for SCA: □ Defibrillators □ Lifestyle changes Other medical conditions Overview of hypothermia Causes of hypothermia: □ Body temperature drops below 35°C □ Prolonged exposure to cold/wet conditions Symptoms of hypothermia: □ Shivering □ Blue lips/skin □ Slurred speech □ Tiredness/confusion □ Slow breathing	OCR powerpoint OCR revision workbooklets Exam builder Page 62 Page 63	

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	Lesson 3	<p>Treatment for hypothermia: <input type="checkbox"/> Remove wet clothing/wrap in blankets and cover head <input type="checkbox"/> Give a warm and sugary non-alcoholic drink</p> <p>Overview of heat exhaustion Causes of heat exhaustion: <input type="checkbox"/> Body temperature of 38°C or above <input type="checkbox"/> Strenuous physical activity <input type="checkbox"/> Not enough water intake</p> <p>Symptoms of heat exhaustion: <input type="checkbox"/> Excessive sweating, <input type="checkbox"/> Headache/dizziness <input type="checkbox"/> Being very thirsty <input type="checkbox"/> Feeling or being sick <input type="checkbox"/> Rapid pulse and/or breathing</p> <p>Treatment for heat exhaustion: <input type="checkbox"/> Move to a cool place/cool their skin <input type="checkbox"/> Get them to drink plenty of water</p> <p>Overview of dehydration Causes of dehydration: <input type="checkbox"/> Loss of bodily fluids</p> <p>Symptoms of dehydration: <input type="checkbox"/> Feeling thirsty <input type="checkbox"/> Fatigue <input type="checkbox"/> Dark yellow urine and infrequent urination <input type="checkbox"/> Dry mouth/lips</p> <p>Treatment for dehydration: <input type="checkbox"/> Drink plenty of water <input type="checkbox"/> Rehydration sachets</p>	<p>Page 64</p> <p>Page 64</p>	
		Easter holidays 30 th March to 6 th April		
13 th April 2026	Lesson 1	Revision	OCR powerpoint OCR revision workbooklets	
	Lesson 2	Revision	Exam builder	

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20th April 2026	Lesson 1 Lesson 2 Lesson 3	Revision Revision Revision	OCR powerpoint OCR revision workbooklets Exam builder	
27 th April 2026	Lesson 1 Lesson 2	Revision Revision	OCR powerpoint OCR revision workbooklets Exam builder	
4th May	Lesson 1 Lesson 2 Lesson 3	Revision Revision Revision	OCR powerpoint OCR revision workbooklets Exam builder	

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