



Physiological Factors Affecting Performance



Biomechanics

Tutor: Karen Foan (see Karen's profile at end)

- A quality assured, power-packed day with a supremely experienced and knowledgeable presenter
- increased knowledge and confidence – whether starting out or upskilling
- stacks of powerful tips, tools, techniques and ideas to equip, motivate and inspire
 - links to exam questions and essential exam technique throughout

Session 1: 9.30-10.45

Biomechanical principles

- Newton's laws of motion
- Force and Linear Motion - definitions, calculations and free body diagrams
 - practical teaching ideas

Break: 10:45-11.00

Session 2: 11.00-12.15

Developing knowledge and maximising student outcomes

- Fluid Mechanics
- Projectile Motion

Lunch: 12.15-1.00

Session 3: 1.00-1.45

Gaining confidence with some 'trickier' topic areas

- Angular Motion

Stretch / Screen Break: 1:45-1.50

Session 4: 1.50-2.35

Preparing students for the exam

- Common biomechanics errors
 - and how to avoid them!
- Examiner top tips
- **Synoptic 1** – the 20-mark Physiological question
 - understanding what's really needed
 - effective teaching strategies

Stretch / Screen Break: 2:35-2:45

Session 5: 2.45-3.15

Preparing students for the exam (continued)

- **Synoptic 2** - achieving top marks
- Reviewing of marking procedures
- Get all your questions answered

3.15-3.30 - chat will remain open

Karen Foan

- Associate Principal at Saint Francis Xavier SFC, London; previously Assistant Principal and Head of Sport and PE - Woking College, Surrey
- has taught A-Level PE for >20 years and is passionate about student led learning and personalisation
- experienced teacher of whole OCR specification, with particular expertise in / passion for the Physiological Factors component
- highly experienced A-level PE Senior Examiner for a major awarding body
- a keen golfer who thinks she's slowly improving!



www.pefocus.com