

CAPD PHYSICAL EDUCATION KS4

CURRENT AFFAIRS & PERSONAL DEVELOPMENT

YEAR 10 CAPD FOCUS

YEAR 11 CAPD FOCUS

TERM 1
AUTUMN TERM
HALF TERM 1

NEGATIVE IMPACT OF SMOKING

Smoking causes cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis. Smoking also increases risk for tuberculosis, certain eye diseases, and problems of the immune system, including rheumatoid arthritis.

TERM 1
AUTUMN TERM
HALF TERM 1

IMPACT OF NEGATIVE RELATIONSHIPS

Negative relationships are something ongoing (if they are left for a period). They can be considered a chronic stressor, something that impacts our health in all aspects of life. Prolonged conflict through negative relationships is considered worse for wellbeing than social isolation.

TERM 1
AUTUMN TERM
HALF TERM 2

RISK ASSOCIATED WITH VAPING

Vaping has risks, regardless of what you vape. Starting to use e-cigarettes, or switching from cigarettes to e-cigarettes, increases your risk of devastating health effects. Research into the health effects of vaping is ongoing, and it may take some time before we understand the long-term risks.

TERM 1
AUTUMN TERM
HALF TERM 2

TIME MANAGEMENT

Time management is the process of organizing and planning how to divide your time between different activities. Get it right, and you'll end up working smarter, not harder, to get more done in less time, even when time is tight and pressures are high. This is important to get the correct amount of exercise into your routine.

TERM 2
SPRING TERM
HALF TERM 1

HOW TO BE A GOOD LEADER?

Leadership is the ability of an individual or a group of people to influence and guide followers or members of a team. Leaders motivate their team members to do great work, clearly and consistently communicate expectations and unite them with a shared sense of purpose to achieve the vision.

TERM 2
SPRING TERM
HALF TERM 1

REVISION STARTS EARLY!

The earlier it starts, the longer you have to re-revise information. And the more time you allow that to move to your long-term memory, the easier it is to recall in exams. Plan your evening's revision out on your planner/diary/phone and bank that knowledge for the future.

TERM 2
SPRING TERM
HALF TERM 2

ILLEGAL DRUG MISUSE

Drug misuse is defined as the use of a substance for a purpose not consistent with legal or medical guidelines. It has a negative impact on health or functioning and may take the form of drug dependence, or be part of a wider spectrum of problematic or harmful behaviour.

TERM 2
SPRING TERM
HALF TERM 2

EXERCISE AND EXAMS

Engaging in exercise increases the blood flow all around your body and can improve your energy levels so that you feel refreshed and rejuvenated for your next study session. The pressure of exam season can often leave you feeling like you're drowning in revision. It can be all too easy to get caught up in studying.

TERM 3
SUMMER TERM
HALF TERM 1

IMPACT OF GOOD SLEEP

Good sleep improves your brain performance, mood, and health. Sleep helps an athlete's mental state. Sleep helps everyone to retain and consolidate memories. When athletes practice or learn new skills, sleep helps form memories, and contributes to improved performance in the future.

TERM 3
SUMMER TERM
HALF TERM 1

ANTISOCIAL BEHAVIOUR

Antisocial behaviour is defined as 'behaviour by a person which causes, or is likely to cause, harassment, alarm or distress to persons not of the same household as the person. Anti-social behaviour includes intimidation or violence that can impact someone's quality of life.

TERM 3
SUMMER TERM
HALF TERM 2

NEGATIVE IMPACT OF ALCOHOL

Long-Term Health Risks. Over time, excessive alcohol use can lead to the development of chronic diseases and other serious problems including: High blood pressure, heart disease, stroke, liver disease, and digestive problems. Cancer of the breast, mouth, throat, oesophagus, voice box, liver, colon, and rectum.

TERM 3
SUMMER TERM
HALF TERM 2

RESERVOIR SAFETY

The water in a reservoir never really gets above 11°C, even on a hot day. Jumping into a reservoir can cause cold water shock which can kill even the fittest of people within 60 seconds. Looking to cool off and go for a swim may seem tempting, but people die every year when they do this without understanding the risk.