

Year 11 PE

Learning Programme 4

<p>The LORIC skill focus for his LP is: INITIATIVE.</p> <p>The Moral Virtues focus for this LP are: INTEGRITY and GRATITUDE.</p> <p>Integrity - Having strong moral principles.</p> <p>Gratitude - Feeling and expressing thanks.</p> <p>What will I be learning about in this Learning Programme? How to improve my fitness and the use of different types of exercise to do this.</p> <p>Where have I seen this learning before? I can build on my knowledge from my PE lessons in Key Stage 3 to begin to master approaches to fitness.</p> <p>What could I use it for? I can use it to join a local sports club with confidence, boost my mental health and to become a life long exerciser.</p>	<p>Literacy:</p> <ul style="list-style-type: none"> • Capital letters must be used at the start of sentences and for the first letter of proper nouns • Full stops must be used at the end of a sentence • Question marks must be used at the end of a question • Apostrophes should only be used for possession or omission • Days of the week and months must be spelled correctly • Key words must be spelled correctly
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<p>In LP4.1, I will know: 04/03/24 - (WK 1)</p> <ul style="list-style-type: none"> • How to lead a three stage warm up for a small group of my class. • How to raise my heart rate and keep it elevated for a prolonged period. 	<p>Key Vocabulary</p> <p>Heart rate</p>	<p>Homework</p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p>
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<p>In LP4.2, I will know: 11/03/24 - (WK 2)</p> <ul style="list-style-type: none"> • How to split my workout up through intervals or work and rest and the reason for this. • The optimum work: rest ratio for my goals. 	<p>Key Vocabulary</p> <p>Intervals</p>	<p>Homework</p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p>
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<p>In LP4.3, I will know: 18/03/24 - (WK 1)</p> <ul style="list-style-type: none"> • How to use all the equipment in the fitness suite with confidence. • What reps and sets are so I can plan an effective workout. <p>Extended Task.</p>	<p>Key Vocabulary</p> <p>Reps and sets</p>	<p>Homework</p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p>
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<p>In LP4.4, I will know: 25/03/24 - (WK 2)</p> <ul style="list-style-type: none"> • How to improve my cardiovascular fitness. • The benefits of improving my cardiovascular fitness. 	<p>Key Vocabulary</p> <p>Cardiovascular</p>	<p>Homework</p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p>
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<p>In LP4.5, I will know: 15/04/24 - (WK 1)</p> <ul style="list-style-type: none"> • How to train for hypertrophy. • The benefits of training for hypertrophy. 	<p>Key Vocabulary</p> <p>Hypertrophy</p>	<p>Homework</p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p>
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<p>In LP4.6, I will know: 22/04/24 - (WK 2)</p> <ul style="list-style-type: none"> • How to train for muscular endurance. • The benefits of training for muscular endurance. <p>Extended Task.</p>	<p>Key Vocabulary</p> <p>Muscular endurance</p>	<p>Homework</p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p>
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<p>In LP4.7, I will know: 29/04/24 - (WK 1)</p> <ul style="list-style-type: none"> • How to train for muscular strength. • The benefits of training for muscular strength. 	<p>Key Vocabulary</p> <p>Muscular strength</p>	<p>Homework</p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p>
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<p>In LP4.8, I will know: 06/05/24 - (WK 2)</p> <ul style="list-style-type: none"> • How to plan and take part in my own full body work out. 	<p>Key Vocabulary</p> <p>Hormones</p>	<p>Homework</p> <p>Reflect on your strengths and weaknesses this week. Make a plan of how to address this.</p>
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<p>Resources to support learning:</p> <p>YouTube for specific exercises and my knowledge from KS3 PE</p>

<p>FFET Award Challenge for this Learning Programme:</p> <p>Organise a tournament in your PE lesson.</p>
