

Year 11 Sport 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? I will learn the fitness training methods required to improve each component of fitness, additional requirements of fitness training and how to write a training programme for an athlete.</p> <p>Where have I seen this learning before? My knowledge of fitness testing methods for each component of fitness will help me with my fitness training, and I will have seen some variations of this fitness training in my sports career and PE lessons.</p> <p>What could I use it for? I could use it to improve my personal fitness goals, or that of my team. I can also use it to lead me into further sport education at Level 3 courses.</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
<p>In LP4.1, I will know:</p> <p>Learning aim C:</p> <ul style="list-style-type: none"> • Fitness training methods to improve aerobic endurance, flexibility, muscular strength and muscular endurance. 	<p>04/03/24 - (WK 1)</p> <p>Key Vocabulary</p> <p>Training methods</p>	<p>Homework</p> <p>Attempt an aerobic endurance training session after school e.g. Fartlek training.</p>
<p>In LP4.2, I will know:</p> <ul style="list-style-type: none"> • Fitness training methods to improve speed, agility, power, balance, coordination and reaction time. • How to apply this to real life situations and sessions. 	<p>11/03/24 - (WK 2)</p> <p>Key Vocabulary</p> <p>Speed Agility Quickness (SAQ)</p>	<p>Homework</p> <p>Attempt a speed improvement session after school e.g. repeated sprints.</p>
<p>In LP4.3, I will know:</p> <ul style="list-style-type: none"> • Additional requirements for each fitness training method such as number of participants, cost of equipment, risk of injury. • How to factor this into my planning and where it may come up in an exam situation. <p>Extended Task.</p>	<p>18/03/24 - (WK 1)</p> <p>Key Vocabulary</p> <p>Injury risk</p>	<p>Homework</p> <p>Assess the additional requirements needing to be considered for your sports team/activity.</p>
<p>In LP4.4, I will know:</p> <ul style="list-style-type: none"> • The provision available for taking part in fitness training methods - public, private and voluntary. • The advantages and disadvantages of these provisions. • The effects of long term fitness training on the body - the cardiovascular, respiratory and muscular systems. 	<p>25/03/24 - (WK 2)</p> <p>Key Vocabulary</p> <p>Alveoli</p>	<p>Homework</p> <p>Revise for test on Learning Aim C.</p>
<p>In LP4.5, I will know:</p> <ul style="list-style-type: none"> • The adaptations I would expect to see due to long term fitness training on each component of fitness e.g. speed. <p>Learning aim D:</p> <ul style="list-style-type: none"> • Personal information needed to plan fitness training for an individual e.g. medical history. 	<p>15/04/24 - (WK 1)</p> <p>Key Vocabulary</p> <p>Muscle fibres</p>	<p>Homework</p> <p>Revision of learning Aim A.</p>
<p>In LP4.6, I will know:</p> <ul style="list-style-type: none"> • How to design a personal fitness training programme. • How to select a specific training method to suit the individual. • How to follow the FITT principles of training to have a successful training programme. <p>Extended Task.</p>	<p>22/04/24 - (WK 2)</p> <p>Key Vocabulary</p> <p>FITT Principal</p>	<p>Homework</p> <p>Plan a 3 session programme that follows the FITT principle.</p>
<p>In LP4.7, I will know:</p> <ul style="list-style-type: none"> • Motivational techniques to aid fitness training programmes. • Principles of goal setting e.g. Short term and long term, and SMARTER targets. 	<p>29/04/24 - (WK 1)</p> <p>Key Vocabulary</p> <p>SMARTER targets</p>	<p>Homework</p> <p>Set yourself some short and long term goals for your fitness.</p>
<p>In LP4.8, I will know:</p> <ul style="list-style-type: none"> • Revision of learning aim D in preparation for assessment. 	<p>06/05/24 - (WK 2)</p> <p>Key Vocabulary</p> <p>Personal training plan</p>	<p>Homework</p> <p>Revision for test on Learning Aim D.</p>
<p>Resources to support learning:</p> <p>My knowledge organisers, Pearson BTEC Tech Award Level 1/2 Sport text book, Revision booklet.</p>		
<p>FFET Award Challenge for this Learning Programme:</p> <p>Use your skill session plan to lead an extra-curricular activity within PE.</p>		

PRT Task 1

PRT Task 2