

Year 10 PE - Alternative Fitness Learning Programme 2

<p>The LORIC skill focus for his LP is: ORGANISATION The Moral Virtues focus for this LP are: COMPASSION and HONESTY Compassion - the quality of feeling pity and concern for the sufferings or misfortunes of others. Honesty - the quality of being truthful.</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>What will I be learning about in this Learning Programme? I will be learning about the benefits of physical activity and a range of different fitness classes.</p>		
<p>Where have I seen this learning before? I might have attended fitness classes in the local gym or completed some of the sessions in previous years.</p>		
<p>What could I use it for? I could use it to expand my knowledge of the importance of physical activity and to take part in physical activity outside of school.</p>		
<p>In LP2.1, I will know:</p> <p>the benefits of physical activity; what cardiovascular endurance is; which sports benefit from having good cardiovascular endurance.</p>	<p>21/10/24 - (WK 2)</p> <p>Key Vocabulary</p> <p>Cardiovascular</p>	<p>Homework</p> <p>Practice skills learned outside of the classroom or watch a youtube clip on how to apply them effectively.</p>
<p>In LP2.2, I will know:</p> <p>the benefits of physical activity; what muscular endurance is; which sports benefit from having good muscular endurance.</p>	<p>04/11/24 - (WK 1)</p> <p>Key Vocabulary</p> <p>Endurance</p>	<p>Homework</p> <p>Practice skills learned outside of the classroom or watch a youtube clip on how to apply them effectively.</p>
<p>LP2 RLW, I will:</p> <p>review my learning, recalling and applying key knowledge, and focus on closing any gaps in my knowledge.</p>	<p>11/11/24 - (WK 2)</p> <p>Key Vocabulary</p> <p>Review</p>	<p>Homework</p> <p>Practice skills learned outside of the classroom or watch a youtube clip on how to apply them effectively.</p>
<p>In LP2.3, I will know:</p> <p>the benefits of physical activity; what circuit training is; which sports benefit from using circuit training.</p> <p>Extended Task.</p>	<p>18/11/24 - (WK 1)</p> <p>Key Vocabulary</p> <p>Circuit Training</p>	<p>Homework</p> <p>Practice skills learned outside of the classroom or watch a youtube clip on how to apply them effectively.</p>
<p>In LP2.4, I will know:</p> <p>the benefits of physical activity; what continuous training is; which sports benefit from using continuous training.</p>	<p>25/11/24 - (WK 2)</p> <p>Key Vocabulary</p> <p>Continuous</p>	<p>Homework</p> <p>Practice skills learned outside of the classroom or watch a youtube clip on how to apply them effectively.</p>
<p>In LP2.5, I will know:</p> <p>the benefits of physical activity; what HIIT is; which sports benefit from using HIIT.</p>	<p>02/12/24 - (WK 1)</p> <p>Key Vocabulary</p> <p>Intensity</p>	<p>Homework</p> <p>Practice skills learned outside of the classroom or watch a youtube clip on how to apply them effectively.</p>
<p>In LP2.6, I will know:</p> <p>the benefits of physical activity; what flexibility is; which sports benefit from having good flexibility.</p> <p>Extended Task.</p>	<p>09/12/24 - (WK 2)</p> <p>Key Vocabulary</p> <p>Flexibility</p>	<p>Homework</p> <p>Practice skills learned outside of the classroom or watch a youtube clip on how to apply them effectively.</p>
<p>In LP2.7, I will know:</p> <p>the benefits of physical activity; what muscular strength is; which sports benefit from having good muscular strength.</p>	<p>16/12/24 - (WK 1)</p> <p>Key Vocabulary</p> <p>Strength</p>	<p>Homework</p> <p>Practice skills learned outside of the classroom or watch a youtube clip on how to apply them effectively.</p>
<p>Resources to support learning: My LP2 Knowledge Organiser</p>		
<p>FFET Award Challenge for this Learning Programme: Create a fitness lesson that could be used during this Learning Programme</p>		

PRT Task 1

PRT Task 2