

## Year 11 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><b>Literacy:</b></p> <ul style="list-style-type: none"> <li>• Capital letters must be used at the start of sentences and for the first letter of proper nouns</li> <li>• Full stops must be used at the end of a sentence</li> <li>• Question marks must be used at the end of a question</li> <li>• Apostrophes should only be used for possession or omission</li> <li>• Days of the week and months must be spelled correctly</li> <li>• Key words must be spelled correctly</li> </ul>	
<p><b>What will I be learning about in this Learning Programme?</b> I will be learning about the benefits of physical activity and a range of different fitness classes.</p>			
<p><b>Where have I seen this learning before?</b> I might have attended fitness classes in the local gym or completed some of the sessions in previous years.</p>			
<p><b>What could I use it for?</b> 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>			
<b>In LP2.1, I will know:</b>	<b>21/10/24 - (WK 2)</b>	<b>Key Vocabulary</b>	<b>Homework</b>
the benefits of physical activity; what cardiovascular endurance is; which sports benefit from having good cardiovascular endurance.		Cardiovascular	Practice skills learned outside of the classroom or watch a youtube clip on how to apply them effectively.
<b>In LP2.2, I will know:</b>	<b>04/11/24 - (WK 1)</b>	<b>Key Vocabulary</b>	<b>Homework</b>
the benefits of physical activity; what muscular endurance is; which sports benefit from having good muscular endurance.		Endurance	Practice skills learned outside of the classroom or watch a youtube clip on how to apply them effectively.
<b>LP2 RLW, I will:</b>	<b>11/11/24 - (WK 2)</b>		
review my learning, recalling and applying key knowledge, and focus on closing any gaps in my knowledge.		Review	Practice skills learned outside of the classroom or watch a youtube clip on how to apply them effectively.
<b>In LP2.3, I will know:</b>	<b>18/11/24 - (WK 1)</b>	<b>Key Vocabulary</b>	
the benefits of physical activity; what circuit training is; which sports benefit from using circuit training.		Circuit Training	Practice skills learned outside of the classroom or watch a youtube clip on how to apply them effectively.
Extended Task.			
<b>In LP2.4, I will know:</b>	<b>25/11/24 - (WK 2)</b>	<b>Key Vocabulary</b>	<b>Homework</b>
the benefits of physical activity; what continuous training is; which sports benefit from using continuous training.		Continuous	Practice skills learned outside of the classroom or watch a youtube clip on how to apply them effectively.
<b>In LP2.5, I will know:</b>	<b>02/12/24 - (WK 1)</b>	<b>Key Vocabulary</b>	<b>Homework</b>
the benefits of physical activity; what HIIT is; which sports benefit from using HIIT.		Intensity	Practice skills learned outside of the classroom or watch a youtube clip on how to apply them effectively.
<b>In LP2.6, I will know:</b>	<b>09/12/24 - (WK 2)</b>	<b>Key Vocabulary</b>	<b>Homework</b>
the benefits of physical activity; what flexibility is; which sports benefit from having good flexibility.		Flexibility	Practice skills learned outside of the classroom or watch a youtube clip on how to apply them effectively.
Extended Task.			
<b>In LP2.7, I will know:</b>	<b>16/12/24 - (WK 1)</b>	<b>Key Vocabulary</b>	<b>Homework</b>
the benefits of physical activity; what muscular strength is; which sports benefit from having good muscular strength.		Pilates	Practice skills learned outside of the classroom or watch a youtube clip on how to apply them effectively.
<b>Resources to support learning:</b>			
My LP2 Knowledge Organiser			
<b>FFET Award Challenge for this Learning Programme:</b>			
Create a fitness lesson that could be used during this Learning Programme			



PRT Task 1



PRT Task 2