

Year 11 Sport Learning Programme 2

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.	Literacy: <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
What will I be learning about in this Learning Programme? I will learn the concepts and facts on the components of fitness, fitness testing, principles of training and exercise intensities in relation to improving fitness in sport and exercise.	
Where have I seen this learning before? My knowledge of fitness testing methods for each component of fitness will help me when collecting data on my own fitness. I will have seen some variations of the fitness tests in my sports career and PE lessons.	
What could I use it for? I could use it to improve my personal fitness goals, or for that of my team. I can also use it to lead me into further sport education at Level 3 courses.	

In LP2.1, I will know:	21/10/24 - (WK 2)	Key Vocabulary	Homework
the elements of physical fitness testing; the different fitness tests used for physical components of fitness.		Aerobic Endurance	TheEverlearner.com (LP.2.1) - linked to lesson focus

In LP2.2, I will know:	04/11/24 - (WK 1)	Key Vocabulary	Homework
the elements of physical fitness testing; the different fitness tests used for physical components of fitness.		Muscular Strength	TheEverlearner.com (LP.2.2) - linked to lesson focus

LP2 RLW, I will:	11/11/24 - (WK 2)		
review my learning, recalling and applying key knowledge, and focus on closing any gaps in my knowledge.		Power	TheEverlearner.com (LP.2.3) - linked to lesson focus

In LP2.3, I will know:	18/11/24 - (WK 1)	Key Vocabulary	Homework
the elements of physical fitness testing; the different fitness tests used for physical components of fitness.		Coordination	TheEverlearner.com (LP.2.3) - linked to lesson focus
Extended Task. Try to improve your Coordination Fitness Test score			



In LP2.4, I will know:	25/11/24 - (WK 2)	Key Vocabulary	Homework
the elements of physical fitness testing; the different fitness tests used for physical components of fitness; strengths and areas for development from the Exam Simulator.		Protocol	TheEverlearner.com (LP.2.4) - linked to lesson focus

In LP2.5, I will know:	02/12/24 - (WK 1)	Key Vocabulary	Homework
the fitness testing procedures and protocols; the reasons for testing fitness; the pre-test procedures.		Validity	TheEverlearner.com (LP.2.5) - linked to lesson focus

In LP2.6, I will know:	09/12/24 - (WK 2)	Key Vocabulary	Homework
what reliability and validity are in relation to fitness testing; how to make fitness test data reliable; how to analyse the validity of fitness test data.		Reliability	TheEverlearner.com (LP.2.6) - linked to lesson focus
Extended Task. Try to improve your Fitness Test score for Muscular Endurance - One minute Press up and Sit up test			



In LP2.7, I will know:	16/12/24 - (WK 1)	Key Vocabulary	Homework
about normative data; understand what normative data is and why we use it when interpreting data; strengths and areas for development from the exam stimulator.		Normative Data	TheEverlearner.com (LP.2.7) - linked to lesson focus

Resources to support learning:
Knowledge Organisers / TheEverlearner.com / BTEC Sport Text book, Revision Guide and Website for past exam papers, mark schemes and examiners reports https://theeverlearner.com https://qualifications.pearson.com/en/qualifications/btec-sport-2022.html

FFET Award Challenge for this Learning Programme:
Name all fitness tests for Physical and Skill related fitness linking them to each Component of Fitness