

Year 7 PE - Components of 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</p> <p>Compassion - the quality of feeling pity and concern for the sufferings or misfortunes of others. Honesty - the quality of being truthful.</p> <p>What will I be learning about in this Learning Programme? I will be looking at the different components of skill and health related fitness. I will discover new ways that I can test these components of fitness and improve them.</p> <p>Where have I seen this learning before? I might have seen these in previous lessons during LP1.</p> <p>What could I use it for? I could use this to improve on my components of fitness to make me a better sports performer.</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 LP2.1, I will know:</p> <p>what muscular strength is and the benefits in specific sports; how I can test muscular strength; how to improve muscular strength.</p>	<p>21/10/24 - (WK 2)</p> <p>Key Vocabulary</p> <p>Muscular 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>In LP2.2, I will know:</p> <p>what muscular endurance is and the benefits in specific sports; how I can test muscular endurance; how to improve muscular endurance.</p>	<p>04/11/24 - (WK 1)</p> <p>Key Vocabulary</p> <p>Muscular 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>what aerobic endurance is and the benefits in specific sports; how I can test cardiovascular endurance; how to improve cardiovascular endurance.</p> <p>Extended Task.</p>	<p>18/11/24 - (WK 1)</p> <p>Key Vocabulary</p> <p>Cardiovascular 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>In LP2.4, I will know:</p> <p>what coordination is and the benefits in specific sports; how I can test coordination; how to improve coordination.</p>	<p>25/11/24 - (WK 2)</p> <p>Key Vocabulary</p> <p>Coordination</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>what agility is and the benefits in specific sports; how I can test agility; how to improve agility.</p>	<p>02/12/24 - (WK 1)</p> <p>Key Vocabulary</p> <p>Agility</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>what balance is and the benefits in specific sports; how I can test balance; how to improve balance.</p> <p>Extended Task.</p>	<p>09/12/24 - (WK 2)</p> <p>Key Vocabulary</p> <p>Balance</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>how to make a training programme for a sport of my choice; which components of fitness are relevant for my chosen sport.</p>	<p>16/12/24 - (WK 1)</p> <p>Key Vocabulary</p> <p>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>Resources to support learning:</p> <p>Your LP2 Knowledge Organiser</p>		
<p>FFET Award Challenge for this Learning Programme:</p> <p>Create a training programme to support the development of components of fitness in a sport of your choice.</p>		

