

Year 10 PE - Fitness Leadership Learning Programme 3

<p>The LORIC skill focus for his LP is: RESILIENCE The Moral Virtues focus for this LP are: RESPECT and JUSTICE Respect - treat others how you would wish to be treated yourself. Justice - our College rules are fair and reasonable.</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? How to coach the technical form skills on resistance machines, free weights, cardiorespiratory machines and body weight exercises.</p>			
<p>Where have I seen this learning before? I may have seen this if I have gone to a fitness club. I could have also seen this if I take interest in body building and watch an analysis show after a performance.</p> <p>What could I use it for? to develop my conditioning and improve my ability to communicate and coach skill and physical related exercises.</p>			
In LP3.1, I will know:	06/01/25 - (WK 2)	Key Vocabulary	Homework
how to perform and provide the technical coaching points on the resistance machines of the Chest Press, Shoulder Press and Lat Pull Down		Chest Press	Practice skills learned outside of the classroom at a fitness club or watch a YouTube clip on how to apply them effectively.
In LP3.2, I will know:	13/01/25 - (WK 1)	Key Vocabulary	Homework
how to perform and provide the technical coaching points on the resistance machines of the Leg Extension, Hamstring Curl and Abdominal Curl		Leg Extension	Practice skills learned outside of the classroom at a fitness club or watch a YouTube clip on how to apply them effectively.
In LP3.3, I will know:	20/01/25 - (WK 2)	Key Vocabulary	Homework
how to perform and provide the technical coaching points on the Running machines, Rowers and Cross Trainers.		Cross Trainer	Practice skills learned outside of the classroom at a fitness club or watch a YouTube clip on how to apply them effectively.
In LP3.4, I will know:	27/01/25 - (WK 1)	Key Vocabulary	Homework
how to perform and provide the technical coaching points on the exercise bikes, back supported exercise bikes and arm bikes. Extended Task.		Revolutions	Practice skills learned outside of the classroom at a fitness club or watch a YouTube clip on how to apply them effectively.
In LP3.5, I will know:	03/02/25 - (WK 2)	Key Vocabulary	Homework
how to perform and provide the technical coaching points on the following dumbbell exercises; Squats, Deadlifts, Bicep Curls, Tricep Extensions.		Squats	Practice skills learned outside of the classroom at a fitness club or watch a YouTube clip on how to apply them effectively.
In LP3.6, I will know:	10/02/25 - (WK 1)	Key Vocabulary	Homework
how to perform and provide the technical coaching points on the following upper body and core body weight exercises - Press Ups, Dips, Sit Ups, Plank		Press Ups	Practice skills learned outside of the classroom at a fitness club or watch a YouTube clip on how to apply them effectively.
LP3 RLW, I will:	24/02/25 - (WK 2)		
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 at a fitness club or watch a YouTube clip on how to apply them effectively.
In LP3.7, I will know:	03/03/25 - (WK 1)	Key Vocabulary	Homework
how to perform and provide the technical coaching points on the following lower body exercises - Lunges, Calf Raises, Donkey Kicks, Extended Task.		Lunges	Practice skills learned outside of the classroom at a fitness club or watch a YouTube clip on how to apply them effectively.
Resources to support learning:			
My LP3 Knowledge Organiser			
FFET Award Challenge for this Learning Programme:			
Instruct a client through 10 exercises providing them with constructive feedback in relation to their technical form.			

PRT Task 1

PRT Task 2