

Year 11 PE - Fitness testing and training

Learning Programme 3

<p>The LORIC skill focus for his LP is: RESILIENCE The Moral Virtues focus for this LP are: RESPECT and JUSTICE</p> <p>Respect - treat others how you would wish to be treated yourself. Justice - our College rules are fair and reasonable.</p> <p>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.</p> <p>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.</p> <p>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.</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 LP3.1, I will know: 06/01/25 - (WK 2)</p> <p>the elements of physical fitness testing; Aerobic Endurance, Speed, Flexibility the different fitness tests used for physical components of fitness.</p>	<p>Key Vocabulary</p> <p>Aerobic Endurance</p>	<p>Homework</p> <p>TheEverlearner.com - linked to lesson focus</p>
<p>In LP3.2, I will know: 13/01/25 - (WK 1)</p> <p>the elements of Skill related fitness testing; Balance and Agility the different fitness tests used for skill related components of fitness.</p>	<p>Key Vocabulary</p> <p>Muscular Strength</p>	<p>Homework</p> <p>TheEverlearner.com - linked to lesson focus</p>
<p>In LP3.3, I will know: 20/01/25 - (WK 2)</p> <p>the elements of Skill related fitness testing; Balance and Agility the different fitness tests used for skill related components of fitness.</p>	<p>Key Vocabulary</p> <p>Balance</p>	<p>Homework</p> <p>TheEverlearner.com - linked to lesson focus</p>
<p>In LP3.4, I will know: 27/01/25 - (WK 1)</p> <p>the elements of Skill related fitness testing; Coordination, Reaction Time and Power the different fitness tests used for skill related components of fitness.</p> <p>Extended Task.</p>	<p>Key Vocabulary</p> <p>Power</p>	<p>Homework</p> <p>TheEverlearner.com - linked to lesson focus</p>
<p>In LP3.5, I will know: 03/02/25 - (WK 2)</p> <p>the fitness testing procedures and protocols; the reasons for testing fitness; the pre-test procedures.</p>	<p>Key Vocabulary</p> <p>Protocols</p>	<p>Homework</p> <p>TheEverlearner.com - linked to lesson focus</p>
<p>In LP3.6, I will know: 10/02/25 - (WK 1)</p> <p>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.</p>	<p>Key Vocabulary</p> <p>Reliability</p>	<p>Homework</p> <p>TheEverlearner.com - linked to lesson focus</p>
<p>LP3 RLW, I will: 24/02/25 - (WK 2)</p> <p>review my learning, recalling and applying key knowledge, and focus on closing any gaps in my knowledge.</p>	<p>Key Vocabulary</p> <p>Validity</p>	<p>Homework</p> <p>TheEverlearner.com - linked to lesson focus</p>
<p>In LP3.7, I will know: 03/03/25 - (WK 1)</p> <p>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.</p> <p>Extended Task.</p>	<p>Key Vocabulary</p> <p>Normative Data</p>	<p>Homework</p> <p>TheEverlearner.com - linked to lesson focus</p>
<p>Resources to support learning: Knowledge Organisers / TheEverlearner.com / BTEC Sport Text book https://theeverlearner.com https://qualifications.pearson.com/en/qualifications/btec-sport-2022.html</p>		
<p>FFET Award Challenge for this Learning Programme: Name all fitness tests for Physical and Skill related fitness linking them to each Component of Fitness</p>		

PRT Task 1

PRT Task 2