

Year 11 BTEC Sport Learning Programme 3

<p>The LORIC skill focus for this 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? The methods of training for both skill and physical related fitness components; fitness training requirements and provisions; the long term effects of exercise on the musculoskeletal and cardiorespiratory systems.</p> <p>Where have I seen this learning before? My knowledge of fitness training 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 training methods 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 methods of training for Muscular Endurance, Speed and Aerobic Endurance</p>	<p>Key Vocabulary</p> <p>Muscular Endurance, Speed and Aerobic Endurance</p>	<p>Homework</p> <p>TheEverlearner.com - Requiements for Each Training Method</p>
<p>In LP3.2, I will know: 13/01/25 - (WK 1)</p> <p>the methods of training for Muscular Strength and Flexibility</p>	<p>Key Vocabulary</p> <p>Muscular Strength and Flexibility</p>	<p>Homework</p> <p>TheEverlearner.com - Training Methods for Physical Fitness Part 1</p>
<p>In LP3.3, I will know: 20/01/25 - (WK 2)</p> <p>the methods of training for Agility, Balance and Coordination</p>	<p>Key Vocabulary</p> <p>Agility, Balance and Coordination</p>	<p>Homework</p> <p>TheEverlearner.com - Training Methods for Physical Fitness Part 2</p>
<p>In LP3.4, I will know: 27/01/25 - (WK 1)</p> <p>the methods of training for Reaction Time and Power</p> <p>Extended Task.</p>	<p>Key Vocabulary</p> <p>Reaction Time and Power</p>	<p>Homework</p> <p>TheEverlearner.com - Training Methods for Skill related Fitness Part 1</p>
<p>In LP3.5, I will know: 03/02/25 - (WK 2)</p> <p>the fitness training requirements and provisions for warming up and cool downs the difference between the Public, Private and Vounteer sector</p>	<p>Key Vocabulary</p> <p>Warm Up and Cool Down</p>	<p>Homework</p> <p>TheEverlearner.com - Provision for taking part in Fitness Training</p>
<p>In LP3.6, I will know: 10/02/25 - (WK 1)</p> <p>the long term effects of training on the musculoskeletal system</p>	<p>Key Vocabulary</p> <p>Muscular Hypertrophy</p>	<p>Homework</p> <p>TheEverlearner.com - The long term effects of exercise on the Musculoskeletal System</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>Review</p>	<p>Homework</p> <p>TheEverlearner.com - Checkpoint 7 & 8</p>
<p>In LP3.7, I will know: 03/03/25 - (WK 1)</p> <p>the long term effects of training on the cardiorespiratory system</p> <p>Extended Task.</p>	<p>Key Vocabulary</p> <p>Cardiac Hypertrophy</p>	<p>Homework</p> <p>TheEverlearner.com - The long term effects of exercise on the Cardiorespiratory System</p>
<p>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</p>		
<p>FFET Award Challenge for this Learning Programme: Name all the methods of training for both Physical and Skill Related fitness</p>		

PRT Task 1

PRT Task 2