

## Year 11 BTEC Sport Learning Programme 4

<p>The LORIC skill focus for this LP is: INITIATIVE.</p> <p>The Moral Virtues focus for this LP are: INTEGRITY and GRATITUDE.</p> <p>Integrity - Having strong moral principles.</p> <p>Gratitude - Feeling and expressing thanks.</p> <p><b>What will I be learning about in this Learning Programme?</b> I will learn the fitness training methods required to improve each component of fitness, additional requirements of fitness training and how to write a training programme for an athlete, using SMARTER targets.</p> <p><b>Where have I seen this learning before?</b> My knowledge of fitness testing methods for each component of fitness will help me with my fitness training, and I will have seen some variations of this fitness training in my sports career and PE lessons.</p> <p><b>What could I use it for?</b> I could use it to improve my personal fitness goals, or that of my team. I can also use it to lead me into further sport education at Level 3 courses.</p>		<p><b>Literacy:</b></p> <ul style="list-style-type: none"> <li>• Capital letters must be used at the start of sentences and for the first letter of proper nouns</li> <li>• Full stops must be used at the end of a sentence</li> <li>• Question marks must be used at the end of a question</li> <li>• Apostrophes should only be used for possession or omission</li> <li>• Days of the week and months must be spelled correctly</li> <li>• Key words must be spelled correctly</li> </ul>
<p><b>In LP4.1, I will know:</b> 10/03/25 - (WK 2)</p> <p>fitness training methods to improve speed, agility, power, balance, coordination and reaction time; how to apply this to real life situations and sessions.</p>	<p><b>Key Vocabulary</b></p> <p>Speed Agility Quickness (SAQ)</p>	<p><b>Homework</b></p> <p>Everlearner task set.</p>
<p><b>In LP4.2, I will know:</b> 17/03/25 - (WK 1)</p> <p>additional requirements for each fitness training method such as number of participants, cost of equipment, risk of injury; how to factor this into my planning and where it may come up in an exam situation.</p>	<p><b>Key Vocabulary</b></p> <p>Injury risk</p>	<p><b>Homework</b></p> <p>Everlearner task set.</p>
<p><b>In LP4.3, I will know:</b> 24/03/25 - (WK 2)</p> <p>the provision available for taking part in fitness training methods - public, private and voluntary; the advantages and disadvantages of these provisions; the effects of long term fitness training on the body - the cardiovascular, respiratory and muscular systems.</p> <p>Extended Task.</p>	<p><b>Key Vocabulary</b></p> <p>Alveoli</p>	<p><b>Homework</b></p> <p>Everlearner task set.</p>
<p><b>In LP4.4, I will know:</b> 31/03/25 - (WK 1)</p> <p>the adaptations I would expect to see due to long term fitness training on each component of fitness e.g. speed; how to complete Learning aim D: Personal information needed to plan fitness training for an individual e.g. medical history.</p>	<p><b>Key Vocabulary</b></p> <p>Muscle fibres</p>	<p><b>Homework</b></p> <p>Everlearner task set.</p>
<p><b>In LP4.5, I will know:</b> 21/04/25 - (WK 2)</p> <p>how to design a personal fitness training programme; how to select a specific training method to suit the individual; how to follow the FITT principles of training to have a successful training programme.</p>	<p><b>Key Vocabulary</b></p> <p>FITT Principal</p>	<p><b>Homework</b></p> <p>Everlearner task set.</p>
<p><b>In LP4.6, I will know:</b> 28/04/25 - (WK 1)</p> <p>motivational techniques to aid fitness training programmes; principles of goal setting e.g. Short term and long term, and SMARTER targets.</p> <p>Extended Task.</p>	<p><b>Key Vocabulary</b></p> <p>SMARTER targets</p>	<p><b>Homework</b></p> <p>Everlearner task set.</p>
<p><b>In LP4.7, I will know:</b> 05/05/25 - (WK 2)</p> <p>how to complete revision of learning aim D in preparation for BTEC Sport exam on 8/5/25.</p>	<p><b>Key Vocabulary</b></p> <p>Personal training plan</p>	<p><b>Homework</b></p> <p>Everlearner task set.</p>
<p><b>Resources to support learning:</b></p> <p>Everlearner.com Knowledge Organiser</p>		
<p><b>FFET Award Challenge for this Learning Programme:</b></p> <p>Use your skill session plan to lead an extra-curricular activity within PE.</p>		

