

Year 11 Sport

Learning Programme 4

<p>The LORIC skill focus for this LP is: INITIATIVE. The Moral Virtues focus for this LP are: INTEGRITY and GRATITUDE.</p> <p>Integrity - Having strong moral principles. I will show integrity by taking responsibility for my actions. Gratitude - Feeling and expressing thanks. I will show gratitude by saying please and thank you.</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 Non-Negotiables:</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 • Vocabulary to be taught using the Frayer model
<p>In LP4.1, I will know: 09/03/26 - (WK 2)</p> <p>LAC: Investigate Different Fitness Training Methods how to understand the purpose of fitness training. how to understand the importance of warming up and cooling down. how to understand the physical fitness training methods; and the advantages and disadvantages of these.</p>	<p>Frayer Model Words</p> <p>Training methods</p>	<p>Homework</p> <p>Ever learner task 4.1</p>
<p>In LP4.2, I will know: 16/03/26 - (WK 1)</p> <p>how to complete a LAA/LAB Mock Exam. How to understand the skill related fitness training methods; and the advantages and disadvantages of these. the adaptations I would expect to see due to long term fitness training on each component of fitness e.g. speed;</p>	<p>Frayer Model Words</p> <p>Adaptations</p>	<p>Homework</p> <p>Ever learner task 4.2</p>
<p>In LP4.3, I will know: 23/03/26 - (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;</p> <p>Extended Task.</p>	<p>Frayer Model Words</p> <p>Provision</p>	<p>Homework</p> <p>Ever learner task 4.3</p>
<p>In LP4.4, I will know: 13/04/26 - (WK 1)</p> <p>Learning Aim D: Investigate Fitness Programming to Improve Fitness and Sports Performance 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>Frayer Model Words</p> <p>Specific</p>	<p>Homework</p> <p>Ever learner task 4.4</p>
<p>In LP4.5, I will know: 20/04/26 - (WK 2)</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>Frayer Model Words</p> <p>Principles</p>	<p>Homework</p> <p>Ever learner task 4.5</p>
<p>In LP4.6, I will know: 27/04/26 - (WK 1)</p> <p>LAC/LAD recap on topics, 6 mark practise questions.</p> <p>Extended Task.</p>	<p>Frayer Model Words</p> <p>Motivation</p>	<p>Homework</p> <p>Ever learner task 4.6</p>
<p>In LP4.7, I will know: 04/05/26 - (WK 2)</p> <p>Exam Week - revision tips and tricks</p>	<p>Frayer Model Words</p> <p>Goal setting</p>	<p>Homework</p> <p>Ever learner task 4.7</p>
<p>Resources to support learning: Everlearner.com Knowledge Organiser</p>		
<p>FFET Award Challenge for this Learning Programme: To develop a revision resource for LAA, LAB, LAC, LAD.</p>		

