

Year 11 Subject

Learning Programme 1

The LORIC skill focus for his LP is: LEADERSHIP The Moral Virtues focus for this LP are: COURAGE and HUMILITY. Courage - Acting with bravery and overcoming fears. I will show courage by answering a question in class even when I'm not 100% sure of the answer. Humility - Having a modest view of oneself. I will show humility by admitting mistakes and asking for help when needed.			Literacy Non-Negotiables: • 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
What will I be learning about in this Learning Programme? I will be learning about the benefits of physical activity and a range of different fitness classes. Where have I seen this learning before? I might have attended fitness classes in the local gym or completed some of the sessions in previous years. What could I use it for? I could use it to expand my knowledge of the importance of physical activity and to take part in physical activity outside of school.			
In LP1.1, I will know: 01/09/26 - (WK 1) the benefits of physical activity; what cardiovascular endurance is; which sports benefit from having good cardiovascular endurance.			
In LP1.2, I will know: 07/09/26 - (WK 2) the benefits of physical activity; what circuit training is; which sports benefit from using circuit training.			
In LP1.3, I will know: 14/09/26 - (WK 1) the benefits of physical activity; what continuous training is; which sports benefit from using continuous training. Extended Task.			
In LP1.4, I will know: 21/09/26 - (WK 2) the benefits of physical activity; what HIIT is; which sports benefit from using HIIT.			
In LP1.5, I will know: 28/09/26 - (WK 1) the benefits of physical activity; what flexibility is; which sports benefit from having good flexibility.			
In LP1.6, I will know: 05/10/26 - (WK 2) the benefits of physical activity; what muscular endurance is; which sports benefit from having good muscular endurance.Ⓜ			
In LP1.7, I will know: 12/10/26 - (WK 1) the benefits of physical activity; what muscular strength is; which sports benefit from having good muscular strength.Ⓜ			
Resources to support learning: My LP1 Knowledge Organiser YouTube			
FFET Award Challenge for this Learning Programme: To write a plan on how you will continue to participate in sport outside of school			

PRT Task 1

PRT Task 2