

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.			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
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.			
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.			
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.			
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 2 and 3 courses.			
In LP1.1, I will know:	01/09/26 - (WK 1)	Key Vocabulary	Homework
the physical and skill related fitness components. and understand how to apply these components to different physical activities. how to complete my Component 1 task 1.		Physical	Everlearner task
In LP1.2, I will know:	07/09/26 - (WK 2)	Key Vocabulary	Homework
and complete my Component 2 task 1.		Skill	Everlearner task
In LP1.3, I will know:	14/09/26 - (WK 1)	Key Vocabulary	Homework
and complete my Component 2 task 1.		Component	Everlearner task
Extended Task.			
In LP1.4, I will know:	21/09/26 - (WK 2)	Key Vocabulary	Homework
how to respond to a PRT and apply it to my component 2 task 1.		Team Sport	Everlearner task
In LP1.5, I will know:	28/09/26 - (WK 1)	Key Vocabulary	Homework
and the roles of officials in my chosen sport. and review my component 2 task 3.		Official	Everlearner task
In LP1.6, I will know:	05/10/26 - (WK 2)	Key Vocabulary	Homework
complete my component 2 task 3		Rules and Regulations	Everlearner task
Extended Task.			
In LP1.7, I will know:	12/10/26 - (WK 1)	Key Vocabulary	Homework
how to respond to a PRT and apply it to my component 2 task 3.		Governing Body	Everlearner task
Resources to support learning: Everlearner, YouTube, Knowledge Organisers.			
FEET Award Challenge for this Learning Programme: To write a plan of how you will continue sport outside of school			

PRT Task 1

PRT Task 2