

Year 13 Sport

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? In LP one we will be learning about fitness training and programming for health, sport and well-being. We will be examining lifestyle factors and their effect on health and well-being. Learning Aim A (Understand the career and job opportunities in the sports industry) and Learning Aim B (Explore own skills using a skills audit to inform a career development action plan) for the Pearson BTEC Level 3 National in Sport (Unit 3) Where have I seen this learning before? Unit 1 - looking at the effects of activity on our bodies. Health related fitness units of work from KS4.			
What could I use it for? Planning a training programme for yourself or a client. Identifying gaps and areas in your lifestyle and making improvement plans. Applying knowledge to Unit 3 coursework assignments.			
In LP1.1, I will know:	01/09/26 - (WK 1)	Key Vocabulary	Homework
and understand question 1 on my unit 2 exam the screening processes used to find a clients needs the positive lifestyle factors that contribute to a healthy lifestyle the scale, economic significance, and key employment sectors (public, private, and voluntary) within the UK sports market. the broad range of operational areas including sports development, fitness, coaching, outdoor education, and elite sport.		Screening	Everlearner Task
In LP1.2, I will know:	07/09/26 - (WK 2)	Key Vocabulary	Homework
the negative lifestyle factors that impact a healthy lifestyle the health monitoring tests used to identify a clients needs the job responsibilities, entry requirements, and working conditions for two distinct career pathways in sport. the progression routes, looking at opportunities for specialisation and promotion.		Sedentary	Everlearner Task
In LP1.3, I will know:	14/09/26 - (WK 1)	Key Vocabulary	Homework
and understand question 1 on my unit 2 exam how to prepare for my Question 1 exam question and perform an extended task. the role of statutory bodies, National Governing Bodies (NGBs), and professional registers like CIMSPA how employment legislation (e.g., Health and Safety, Equality Act, Safeguarding, and DBS checks) impacts specific sports roles Extended Task.		Health Monitoring	Everlearner Task
In LP1.4, I will know:	21/09/26 - (WK 2)	Key Vocabulary	Homework
how to complete a PRT for my Question 1 practice question strategies to improve physical activity and complete the Learning aim A coursework assignment tasks for this unit.		Physical Activity	Everlearner Task
In LP1.5, I will know:	28/09/26 - (WK 1)	Key Vocabulary	Homework
strategies to stop smoking and to reduce alcohol stress management techniques and complete the Learning aim A coursework assignment tasks for this unit.		Stress	Everlearner Task
In LP1.6, I will know:	05/10/26 - (WK 2)	Key Vocabulary	Homework
Barriers for change how to answer question 2 in an extended task and distinguish between technical sport-specific skills and generic employability skills required by top industry employers. the value of critical traits like resilience, empathy, and organizational abilities in customer-facing and leadership sports environments. Extended Task.		Barriers	Everlearner Task
In LP1.7, I will know:	12/10/26 - (WK 1)	Key Vocabulary	Homework
how complete a PRT for question 2 how to revise for the first 2 questions and complete a formal personal skills audit against a chosen sports industry job profile to pinpoint current competence levels. and complete a personal SWOT analysis (Strengths, Weaknesses, Opportunities, Threats) highlighting areas for career-specific growth		Modification Techniques	Everlearner Task
Resources to support learning: YouTube, Knowledge Organiser, Ever Learner			
FFET Award Challenge for this Learning Programme: To organise and assist in 1 sports club after school			

