The Ellesmere Port C of E College

Part of the Frank Field Education Trust

Year 13 BTEC Sport
Learning Programme 2

The LORIC skill focus for his LP is: ORGANISATION
The Moral Virtues focus for this LP are: COMPASSION and HONESTY

Compassion - the quality of feeling pity and concern for the sufferings or misfortunes of others.
Honesty - the quality of being truthful.

What will I be learning about in this Learning Programme?
Learners explore client screening and lifestyle assessment, fitness training methods and fitness programming to support improvements in a client's health and well-being.

Where have I seen this learning before?
Unit 3 - Leadership in sport

What could I use it for?
This unit will help you understand how to apply knowledge on fitness training, diet and lifestyle factors, to different clients and situations.
This unit helps you understand what is needed to become successful as a personal trainer or lifestyle coach.

Literacy:
- 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

In LP2.1, I will know: 19/10/26 - (WK 2)	Key Vocabulary	Homework
D1 Components of fitness to be trained - Physical fitness – understand the components of physical fitness and the application of each component in a fitness training context. D1.1 Skill-related fitness - Understand the components of skill-related fitness and the application of each component in a fitness training context	Fitness	Tasks set on The Ever Learner for learning aim D.
In LP2.2, I will know: 02/11/26 - (WK 1)	**Key Vocabulary**	**Homework**
D2 Training methods for physical fitness-related components. Aerobic endurance training methods and their application to a practical context. Muscular strength training methods and their application to a practical context.	Aerobic endurance	Tasks set on The Ever Learner for learning aim D.
LP2 RLW, I will: 09/11/26 - (WK 2)		
review my learning, recalling and applying key knowledge, and focus on closing any gaps in my knowledge.		
In LP2.3, I will know: 16/11/26 - (WK 1)	**Key Vocabulary**	**Homework**
Muscular endurance training methods and their application to a practical context. Core stability training methods Extended Task.	Muscular Endurance	Tasks set on The Ever Learner for learning aim D.
In LP2.4, I will know: 23/11/26 - (WK 2)	**Key Vocabulary**	**Homework**
Flexibility training methods and their application to a practical context. Speed training methods and their application to a practical context.	Flexibility	Tasks set on The Ever Learner for learning aim D.
In LP2.5, I will know: 30/11/26 - (WK 1)	**Key Vocabulary**	**Homework**
D3 Training methods for skill-related fitness components. Agility training methods and their application to a practical context. Balance training methods and their application to a practical context.	Agility	Tasks set on The Ever Learner for learning aim D.
In LP2.6, I will know: 07/12/26 - (WK 2)	**Key Vocabulary**	**Homework**
Coordination training methods and their application to a practical context. Reaction time training methods and their application to a practical context. Extended Task.	Coordination	Tasks set on The Ever Learner for learning aim D.
In LP2.7, I will know: 14/12/26 - (WK 1)	**Key Vocabulary**	**Homework**
Power training methods and their application to a practical context. Learning checkpoint task.	Power	Tasks set on The Ever Learner for learning aim D.

PRT Task 1

PRT Task 2

Resources to support learning:
Work booklets.
The Ever Learner

FFET Award Challenge for this Learning Programme:
LP2 Year 13 P.E: To develop 4 pages of notes for your exam based on Learning Aim A to Learning Aim C.