The Ellesmere Port C of E College

Part of the Frank Field Education Trust

Year 10 FITNESS
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?
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.

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
the benefits of physical activity; what cardiovascular endurance is; which sports benefit from having good cardiovascular endurance.		Cardiovascular	To attend and engage in an extra-curricular PE or sports club to further improve my components of fitness.
In LP2.2, I will know:	**02/11/26 - (WK 1)**	**Key Vocabulary**	**Homework**
the benefits of physical activity; what muscular endurance is; which sports benefit from having good muscular endurance.		Endurance	To attend and engage in an extra-curricular PE or sports club to further improve my components of fitness.
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**
the benefits of physical activity; what circuit training is; which sports benefit from using circuit training. Extended Task.		Circuit training	To attend and engage in an extra-curricular PE or sports club to further improve my components of fitness.
In LP2.4, I will know:	**23/11/26 - (WK 2)**	**Key Vocabulary**	**Homework**
the benefits of physical activity; what flexibility is; which sports benefit from having good flexibility.		Continuous	To attend and engage in an extra-curricular PE or sports club to further improve my components of fitness.
In LP2.5, I will know:	**30/11/26 - (WK 1)**	**Key Vocabulary**	**Homework**
the benefits of physical activity; what HIIT is; which sports benefit from using HIIT.		Intensity	To attend and engage in an extra-curricular PE or sports club to further improve my components of fitness.
In LP2.6, I will know:	**07/12/26 - (WK 2)**	**Key Vocabulary**	**Homework**
the benefits of physical activity; what flexibility is; which sports benefit from having good flexibility. Extended Task.		Flexibility	To attend and engage in an extra-curricular PE or sports club to further improve my components of fitness.
In LP2.7, I will know:	**14/12/26 - (WK 1)**	**Key Vocabulary**	**Homework**
the benefits of physical activity; what muscular strength is; which sports benefit from having good muscular strength.		Strength	To attend and engage in an extra-curricular PE or sports club to further improve my components of fitness.

PRT Task 1

PRT Task 2

Resources to support learning:
My LP2 Knowledge Organiser

FFET Award Challenge for this Learning Programme:
LP2 Year 10 P.E: To plan and coach a training session for one extra-curricular club this year.