

## Year 11 BTEC Sport Learning Programme 4

Reading texts that pupils will study during the learning programme

Loric for LP4 is Initiative – students are taught how to think independently and are given opportunities to gain new experiences that enable them to use their imagination and common sense

<p>The values we are learning about are <b>Justice and Integrity</b>:                  Justice - Fair behaviour or treatment                  Integrity - Being honest and having strong moral principles</p> <p><b>What will I be learning about in this Learning Programme?</b>                  In Unit 3 you will learn how to design a personal training programme and the adherence factors and strategies for continued training success. You will implement and review your own six week training programme.  <b>Where have I seen this learning before?</b>                  In KS3 you will have learnt about the responses of your body to exercise in different sporting events. During Unit 1 you learnt about the body in sport and how even athletes body is different. In unit 5 you learnt about how the body responds and adapts to different exercises.  <b>What could I use it for?</b>                  Whether you want to be a personal training, a coach or any sporting job you will be required at some point to plan and deliver a training programme for students or clients.</p>		BTEC Sport Edexcel Revision guide and Exam Questions		
<p><b>In LP4.1, I will know:</b></p> <p>how to design a safe six-week personal training programme to meet an activity/ sport goal which meets the needs of the individual, showing creativity in the design;                  how to research methods of training and goal setting.</p>	<p>11/03/24 - (WK 1)</p>	<p>PR Focus</p>	<p>Key Vocabulary</p>	<p>Homework</p>
<p><b>In LP4.2, I will know:</b></p> <p>how to justify the training programme design, explaining links to personal information                  how to design a PAR-Q to be completed before undergoing any training</p>	<p>18/03/24 - (WK 2)</p>	<p>PR Focus</p>	<p>Key Vocabulary</p>	<p>Homework</p>
<p><b>In LP4.3, I will know:</b></p> <p>the short-term effects on the musculoskeletal system during the fitness training programme                  the short-term effects on the cardiorespiratory system during the fitness training programme</p> <p>Extended Task</p>	<p>8/04/24 - (WK 1)</p>	<p>PR Focus</p>	<p>Key Vocabulary</p>	<p>Homework</p>
<p><b>In LP4.4, I will know:</b></p> <p>how to safely implement a successful six-week personal fitness training programme, maintaining a training diary to evaluate performance and progress;                  the strengths and weaknesses of training programme adapting training for the following week</p>	<p>15/04/24 - (WK 2)</p>	<p>PR Focus</p>	<p>Key Vocabulary</p>	<p>Homework</p>
<p><b>In LP4.5, I will know:</b></p> <p>how to safely implement a successful six-week personal fitness training programme, maintaining a training diary to evaluate performance and progress;                  how to evaluate performance and ensure training log is up to date</p>	<p>22/04/24 - (WK 1)</p>	<p>PR Focus</p>	<p>Key Vocabulary</p>	<p>Homework</p>
<p><b>In LP4.6, I will know:</b></p> <p>how to safely implement a successful six-week personal fitness training programme, maintaining a training diary to evaluate performance and progress;                  how to evaluate performance and ensure training log is up to date</p> <p>Extended Task</p>	<p>29/04/24 - (WK 2)</p>	<p>PR Focus</p>	<p>Key Vocabulary</p>	<p>Homework</p>
<p><b>In LP4.7, I will know:</b></p> <p>the results of your personal fitness training programme                  how to identify strengths and weaknesses of the training programme</p>	<p>6/05/24 - (WK 1)</p>	<p>PR Focus</p>	<p>Key Vocabulary</p>	<p>Homework</p>
<p><b>In LP4.8, I will know:</b></p> <p>how to justify recommendations for future training and performance</p>	<p>13/05/24 - (WK 2)</p>	<p>PR Focus</p>	<p>Key Vocabulary</p> <p>Aerobic Endurance, Flexibility, Muscular Endurance, Speed, Muscular Strength, Body Composition, Agility, Power, Coordination, Reaction Time, GOAL setting, SPORT, FITT</p>	<p>Homework</p>
<p><b>Resources to support learning:</b></p> <p>Top End Sports</p>				
<p><b>FFET Award Challenge for this Learning Programme:</b></p> <p>Attend an extra-curricular club, represent the academy at an event, attend an enrichment day, receive a subject praise postcard, attend a day trip, attend a head of year breakfast or afternoon tea, achieve 100 positive points on class charts, receive a letter of commendation from SLT, be invited to a wonderful Wednesday, receive a principals letter or be invited to a principals lunch, attend a residential trip, achieve the Duke of Edinburgh bronze award.</p>				

