

Year 11 BTEC Sport Learning Programme 3

Reading texts that pupils will study during
the learning programme

Loric for LP3 is Resilience

The values we are learning about are respect and justice		BTEC Sport Exam Questions	
Respect - a feeling of deep admiration for someone or something elicited by their abilities, qualities or achievements Justice - fair behaviour or treatment			
What will I be learning about in this Learning Programme? I will know how to develop fitness to improve other participants performance in sport.			
Where have I seen this learning before? In LP2 we developed our knowledge of different fitness tests and fitness training methods.			
What could I use it for? Understanding how to enhance both your own fitness and that of others will empower you to maintain a healthy lifestyle beyond your school years. This knowledge will contribute to improved physical health and mental well-being.			
In LP3.1, I will know :	06/01/2025 - (WK 2)	Behaviour to support the values: STEPS/SLANT	Homework
how to investigate fitness programming to improve performance; how to use personal information to aid training.		I will show respect by actively listening to others	Homework tasks are located in the Knowledge Organisers
In LP3.2, I will know :	13/01/2025 - (WK 1)	Behaviour to support the values: STEPS/SLANT	Homework
and understand what aspects should be considered regarding personal information on an athlete to implement on the training programme; which methods of training to select to improve a participates performance.		I will show justice by speaking up when something is not right	Homework tasks are located in the Knowledge Organisers
In LP3.3, I will know :	20/01/2025 - (WK 2)	Behaviour to support the values: STEPS/SLANT	Homework
which components of fitness to select to improve a participates performance; and understand key terms such as progressive overload and the FITT principles in order to improve an athletes fitness levels gradually.		I will show respect by being punctual and not wasting the time of others	Homework tasks are located in the Knowledge Organisers
In LP3.4, I will know :	27/01/2025 - (WK 1)	Behaviour to support the values: STEPS/SLANT	Homework
how to use and understand motivational technique to improve performance; and understand the two types of motivation.		I will show justice by being inclusive and accepting everyone regardless of our differences	Homework tasks are located in the Knowledge Organisers
In LP3.5, I will know :	03/02/2025 - (WK 2)	Behaviour to support the values: STEPS/SLANT	Homework
how to use intangible rewards to improve an athletes motivation; how to use goal setting to influence an athletes motivational level.		I will show respect by taking care of the school property	Homework tasks are located in the Knowledge Organisers
In LP3.6, I will know :	10/02/2025 - (WK 1)	Behaviour to support the values: STEPS/SLANT	Homework
the different benefits of motivation; how to recap information to consolidate learning using retrieval practice.		I will show justice by supporting others of seeking help when required	Homework tasks are located in the Knowledge Organisers
LP3 RLW, I will:	24/02/2025 - (WK 2)	Behaviour to support the values: STEPS/SLANT	Homework
review my learning, recalling and applying key knowledge, focus on closing any gaps in my knowledge and prepare effectively for the upcoming assessments.		I will show respect by actively listening to others	Homework tasks are located in the Knowledge Organisers
In LP3.7, I will know :	03/03/2025 - (WK 1)	Behaviour to support the values: STEPS/SLANT	Homework
how to answer exam related to questions; how to identify strengths and area for development.		I will show respect by recognising and celebrating the achievements of myself and others	Homework tasks are located in the Knowledge Organisers
Resources to support learning:			
P6, Class revision material, Teams.			
FFET Award Challenge for this Learning Programme:			
Watch different sporting events, games or races in person or online and identify key rules and regulations that officials follow in the game and signals that are given by the umpire/ref/official (e.g. a football referee) – challenge – try to officiate your own game/sport or join an online course for officiating.			

