

Year 11 Sport Learning Programme 2

Vocabulary to be taught using the frayer model

Loric for LP1 is Organisation

The values we are learning about are compassion and honesty

Compassion - sympathy and concern for the suffering or misfortunes of others

Honesty - being truthful and refraining from cheating or lying

What will I be learning about in this Learning Programme?

How to understand different fitness tests and fitness training methods.

Where have I seen this learning before?

In LP1 students learnt about how developing fitness can improve other participants performance in sport.

What could I use it for?

Pupils will use training methods throughout year 11 to understand how performance can be enhanced and provide specific training programs for athletes suiting components of fitness.

Performance, interpret, recommendations.

In LP2.1, I will know :	20/10/25 - (WK 2)	Behaviour to support the values: STEPS/SLANT	Homework
how performance can be enhanced with testing methods; how to evaluate testing methods for physical fitness.		I will show honesty by accepting the consequences for my mistakes.	Homework tasks are located in the Knowledge Organisers
In LP2.2, I will know :	03/11/25 - (WK 1)	Behaviour to support the values: STEPS/SLANT	Homework
how to interpret fitness test results; how to give recommendations for improvements relating to my training programme.		I will show compassion by giving encouragement to others.	Homework tasks are located in the Knowledge Organisers
LP2 RLW, I will:	10/11/25 - (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.			
In LP2.3, I will know :	17/11/25 - (WK 1)	Behaviour to support the values: STEPS/SLANT	Homework
how to identify strengths and weaknesses of the training programme; the different fitness training methods.		I will show honesty by listening to and accepting the views of others.	Homework tasks are located in the Knowledge Organisers
Extended Task			
In LP2.4, I will know :	24/11/25 - (WK 2)	Behaviour to support the values: STEPS/SLANT	Homework
how to define and explain each fitness training method; the advantages and disadvantages of each fitness training method.		I will show compassion by asking someone how they are.	Homework tasks are located in the Knowledge Organisers
In LP2.5, I will know :	01/12/25 - (WK 1)	Behaviour to support the values: STEPS/SLANT	Homework
the providers of fitness training; how to understand the advantages and disadvantages of each provision.		I will show honesty by telling the truth about things.	Homework tasks are located in the Knowledge Organisers
In LP2.6, I will know :	08/12/25 - (WK 2)	Behaviour to support the values: STEPS/SLANT	Homework
the effects of long term training; how to prepare for the exam.		I will show compassion by actively listening and engaging with others.	Homework tasks are located in the Knowledge Organisers
Extended Task			
In LP2.7, I will know :	15/12/25 - (WK 1)	Behaviour to support the values: STEPS/SLANT	Homework
how to recap information to consolidate learning using retrieval practice; how to answer exam related questions.		I will show honesty by being true to myself.	Homework tasks are located in the Knowledge Organisers
Resources to support learning:			
P6, Class revision material, Teams, BTEC Sport Revision Guide CPG, BBC Bitesize BTEC Sport			
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.			

PRT Task 1

PRT Task 2