

Year 11 BTEC Sport Learning Programme 3

The LORIC skill focus for this LP is: RESILIENCE The values for this LP are RESPECT and JUSTICE Respect - treat others how you would wish to be treated yourself. Justice - our College rules are fair and reasonable		Literacy Non-Negotiables: <ul style="list-style-type: none">• 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• Vocabulary to be taught using the Frayer model	
What will I be learning about in this Learning Programme? 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? In Year 11 BTEC Sport we will evaluate how performance can be enhanced in Sport. Pupils who are going onto careers in sport can utilise their knowledge and skills from this LP with future learning.			
In LP3.1, I will know:	05/01/26 - (WK 2)	Frayer Model Words	Homework
How to investigate fitness programming to improve performance. How to use personal information to aid training.		Cardiorespiratory, musculoskeletal system, components, overload, principles.	Use the 'Look, cover, write, check' method to list the key training principles/key terms of your sport or activity.
In LP3.2, I will know:	12/01/26 - (WK 1)	Frayer Model Words	Homework
The aspects that should be considered regarding personal information on an athlete to implement on the training programme. The of training to select to improve a participates performance.		Cardiorespiratory, musculoskeletal system, components, overload, principles.	Create a list of the positions (team sports) or events in your sport (athletics)
In LP3.3, I will know:	19/01/26 - (WK 2)	Frayer Model Words	Homework
The components of fitness to select to improve a participates performance. The key terms such as progressive overload and the FITT principles in order to improve an athletes fitness levels gradually.		Cardiorespiratory, musculoskeletal system, components, overload, principles.	Make flashcards on the tactics you could use within your sport/activity to gain an advantage (e.g. how to get a head start)
In LP3.4, I will know:	26/01/26 - (WK 1)	Frayer Model Words	Homework
How to use and understand motivational technique to improve performance. How to understand the two types of motivation.		Cardiorespiratory, musculoskeletal system, components, overload, principles.	Practice some of the key techniques that are used within your sport/activity at home.
Extended Task.			
In LP3.5, I will know:	02/02/26 - (WK 2)	Frayer Model Words	Homework
How to use intangible rewards to improve an athletes motivation. How to use goal setting to influence an athletes motivational level.		Cardiorespiratory, musculoskeletal system, components, overload, principles.	Practice some of the key training tests for a sport of your choice.
In LP3.6, I will know:	09/02/26 - (WK 1)	Frayer Model Words	Homework
The different benefits of motivation in sport. How to recap information to consolidate learning using retrieval practice.		Cardiorespiratory, musculoskeletal system, components, overload, principles.	Create a mind-map of the key movements in your sport/activity.
LP3 RLW, I will:	23/02/26 - (WK 2)	Frayer Model Words	Homework
review my learning, recalling and applying key knowledge, and focus on closing any gaps in my knowledge.		Cardiorespiratory, musculoskeletal system, components, overload, principles.	Make flashcards on the components of fitness used within your sport/activity
In LP3.7, I will know:	02/03/26 - (WK 1)	Frayer Model Words	Homework
How to answer exam related to questions. How to identify strengths and area for development.		Cardiorespiratory, musculoskeletal system, components, overload, principles.	Use a method of your choice to revise the rules for your sport/activity.
Extended Task.			
Resources to support learning: Knowledge organisers, P6, Class revision material and synergy.			
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