

## Year 11 BTEC SPORT Learning Programme 4

<p>The LORIC skill focus for this LP is: INITIATIVE. The Moral Values foci for this LP are: INTEGRITY and GRATITUDE.</p> <p>Integrity - Having strong moral principles. I will show integrity by taking responsibility for my actions. Gratitude - Feeling and expressing thanks. I will show gratitude by saying please and thank you.</p> <p><b>What will I be learning about in this Learning Programme?</b> I will know how to prepare for my exam and answer exam related questions.</p> <p><b>Where have I seen this learning before?</b> In LP3 we developed an understanding of fitness programming to improve performance</p> <p><b>What could I use it for?</b> In LP5 I will continue to develop my knowledge and recap learning from Component 1,2 and 3.</p>		<p><b>Literacy Non-Negotiables:</b></p> <ul style="list-style-type: none"> <li>• Capital letters must be used at the start of sentences and for the first letter of proper nouns</li> <li>• Full stops must be used at the end of a sentence</li> <li>• Question marks must be used at the end of a question</li> <li>• Apostrophes should only be used for possession or omission</li> <li>• Days of the week and months must be spelled correctly</li> <li>• Key words must be spelled correctly</li> <li>• Vocabulary to be taught using the Frayer model</li> </ul>
<p><b>In LP4.1, I will know:</b></p> <p>How to prepare for my exam and answer exam related questions</p>	<p>09/03/26 - (WK 2)</p> <p><b>Frayer Model Words</b></p> <p>Motivation, Fitness Testing, Training Principles, Technology in sport, Training methods, Components</p>	<p><b>Homework</b></p> <p>Choose three components of fitness (e.g., aerobic endurance, muscular endurance, strength, speed, agility) and write a short explanation</p>
<p><b>In LP4.2, I will know:</b></p> <p>How to prepare for my exam and answer exam related questions</p>	<p>16/03/26 - (WK 1)</p> <p><b>Frayer Model Words</b></p> <p>Motivation, Fitness Testing, Training Principles, Technology in sport, Training methods, Components</p>	<p><b>Homework</b></p> <p>Pick two fitness tests from class (e.g., Bleep Test, Yo-Yo Test, Sit &amp; Reach, Grip Dynamometer, 30m Sprint) and create a mini-revision sheet</p>
<p><b>In LP4.3, I will know:</b></p> <p>How to prepare for my exam and answer exam related questions</p> <p>Extended Task.</p>	<p>23/03/26 - (WK 2)</p> <p><b>Frayer Model Words</b></p> <p>Motivation, Fitness Testing, Training Principles, Technology in sport, Training methods, Components</p>	<p><b>Homework</b></p> <p>Write one SMARTER goal for your personal fitness improvement (e.g., "Improve 30m sprint time by 0.3 seconds in 5 weeks"). Explain how each letter of SMARTER applies to your goal</p>
<p><b>In LP4.4, I will know:</b></p> <p>How to prepare for my exam and answer exam related questions</p>	<p>13/04/26 - (WK 1)</p> <p><b>Frayer Model Words</b></p> <p>Motivation, Fitness Testing, Training Principles, Technology in sport, Training methods, Components</p>	<p><b>Homework</b></p> <p>Choose two training methods (e.g., continuous, interval, fartlek, circuit, plyometrics, resistance). Create a simple comparison table.</p>
<p><b>In LP4.5, I will know:</b></p> <p>How to prepare for my exam and answer exam related questions</p>	<p>20/04/26 - (WK 2)</p> <p><b>Frayer Model Words</b></p> <p>Motivation, Fitness Testing, Training Principles, Technology in sport, Training methods, Components</p>	<p><b>Homework</b></p> <p>Design a 1-session training plan using the FITT principle</p>
<p><b>In LP4.6, I will know:</b></p> <p>How to prepare for my exam and answer exam related questions</p> <p>Extended Task.</p>	<p>27/04/26 - (WK 1)</p> <p><b>Frayer Model Words</b></p> <p>Motivation, Fitness Testing, Training Principles, Technology in sport, Training methods, Components</p>	<p><b>Homework</b></p> <p>Create a warm-up and cool-down routine suitable for improving your chosen fitness component</p>
<p><b>In LP4.7, I will know:</b></p> <p>How to prepare for my exam and answer exam related questions</p>	<p>04/05/26 - (WK 2)</p> <p><b>Frayer Model Words</b></p> <p>Motivation, Fitness Testing, Training Principles, Technology in sport, Training methods, Components</p>	<p><b>Homework</b></p> <p>Write a short paragraph explaining: what motivates you to train, whether you respond better to intrinsic or extrinsic motivation and how motivation could influence your FSET fitness programme</p>
<p><b>Resources to support learning:</b> Knowledge organisers, P6, class revision material and synergy</p>		
<p><b>FFET Award Challenge for this Learning Programme:</b> to create, run and reflect on a personalised 2-week fitness programme designed to improve one selected component of fitness.</p>		

PRT Task 1

PRT Task 2