

Year 11 BTEC Sport Learning Programme 2

The LORIC skill focus for this LP is: ORGANISATION. The Moral Values foci for this LP are: COMPASSION and HONESTY. Compassion - sympathy and concern for the suffering or misfortunes of others Honesty - being truthful and refraining from cheating or lying		Literacy Non-Negotiables: - 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? To understand the 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? Students can use fitness training methods throughout year 11 unit 3 and on the exam. Students who are wishing to pursue particular careers in fitness will require this knowledge.			
In LP2.1, I will know:	19/10/26 - (WK 2)	Frayer Model Words	Homework
about the components of fitness in sport		Fitness; FITT Principle Training Programme Fitness Testing Training Methods Strengths; Weaknesses Evaluation	Create revision flashcards for the components of fitness and explain how the FITT Principle can be applied to improve performance in one sport
In LP2.2, I will know:	02/11/26 - (WK 1)	Frayer Model Words	Homework
how to interpret fitness test results		Fitness; FITT Principle Training Programme Fitness Testing Training Methods Strengths; Weaknesses Evaluation	
to give recommendations for improvements relating to my training programme			
LP2 RLW, I will:	09/11/26 - (WK 2)	Frayer Model Words	Homework
review my learning, recalling and applying key knowledge, and focus on closing any gaps in my knowledge.		Fitness; FITT Principle Training Programme Fitness Testing Training Methods Strengths; Weaknesses Evaluation	Analyse a set of fitness test results and provide three recommendations for improving a training programme
In LP2.3, I will know:	16/11/26 - (WK 1)	Frayer Model Words	Homework
how to identify strengths and weaknesses of the training programme		Fitness; FITT Principle Training Programme Fitness Testing Training Methods Strengths; Weaknesses Evaluation	
the different fitness training methods			
Extended Task.			
In LP2.4, I will know:	23/11/26 - (WK 2)	Frayer Model Words	Homework
how to define and explain each fitness training method.		Fitness; FITT Principle Training Programme Fitness Testing Training Methods Strengths; Weaknesses Evaluation	
the advantages and disadvantages of each fitness training method			
In LP2.5, I will know:	30/11/26 - (WK 1)	Frayer Model Words	Homework
the providers of fitness training		Fitness; FITT Principle Training Programme Fitness Testing Training Methods Strengths; Weaknesses Evaluation	Create a comparison table outlining the advantages and disadvantages of four fitness training methods
the advantages and disadvantages of each provision			
In LP2.6, I will know:	07/12/26 - (WK 2)	Frayer Model Words	Homework
the effects of long term training.		Fitness; FITT Principle Training Programme Fitness Testing Training Methods Strengths; Weaknesses Evaluation	
how to prepare for exam			
Extended Task.			
In LP2.7, I will know:	14/12/26 - (WK 1)	Frayer Model Words	Homework
how to recap information to consolidate learning using retrieval practice		Fitness; FITT Principle Training Programme Fitness Testing Training Methods Strengths; Weaknesses Evaluation	Explain three physical benefits of long-term training and complete exam-style revision questions
how to answer exam related questions			
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:			
Design and evaluate a 6-week training programme for yourself or a volunteer.			

PRT Task 1

PRT Task 2