



Knowledge and Understanding to be developed:

- Be able to identify, define and provide sporting examples for the **components of fitness.**
- Be able to identify and describe the procedure for all recognized **fitness tests.**
- Be able to assess how the **principles of training** are used when an athlete develops **(SPOV).**
- Be able to analyse the different **methods of training** that could be used.
- Be able to use and assess **SMART** to set goals.

Key Terms to be learned :

- Cardio vascular endurance, muscular endurance, muscular strength, flexibility, body composition, agility, speed, power, co-ordination, balance, reaction time.
- multi-stage fitness test/coopers 12 min run, abdominal curl/press up test, hand grip/1 rep max, sit and reach/hyperextension, skin fold calipers/body density, Illinois agility run, 30/50m sprint, vertical jump, stork balance, alternate hand throw, ruler drop test or other appropriate tests.

- Different methods of training including continuous, interval (including fartlek), circuit, weight training and plyometrics.

- Specificity, progression, overload (intensity, frequency, duration), variance.

Skills - Literacy

- make full but selective use of the internet to update, broaden and deepen understanding of information, ideas and issues
- use summary, discussion of issues, detailed explanations as appropriate to purpose
- use a wide range of technical terms, language and expression consistent with the subject content.

Section A: Learning Objectives and Outcomes:	Assessments:	Homework:
<p>Students should be able to:</p> <ul style="list-style-type: none"> • Be able to identify, define and provide sporting examples for the <u>components of fitness.</u> 	<p>Rich task 'Identify <u>two main fitness components for your sport and discuss why they are essential.</u></p>	<p>Research why coaches or athletes use fitness testing and create a poster as a revisions aid.</p>
Section B: Learning Objectives and Outcomes:	Assessments:	Homework:
<p>Students should be able to:</p> <ul style="list-style-type: none"> • Be able to identify and describe the procedure for all recognized <u>fitness tests.</u> 	<p>Exam – assessing knowledge of fitness components and the recognized tests.</p>	<p>Complete the online revision quizzes and revise the principles of training and the recognised tests.</p>
Section C: Learning Objectives and Outcomes:	Assessments:	Homework:
<p>Students should be able to:</p> <ul style="list-style-type: none"> • Be able to assess how the <u>principles of training</u> are used when an athlete develops <u>(SPOV).</u> 	<p>Rich task ' Create an information page explaining the principles of training. Explain <u>how and why</u> you intend to use the principles whilst designing your Personal Exercise Programme (PEP)'</p>	<p>Research the methods of training that are suitable for your training programme.</p>
Section D Learning Objectives and Outcomes:	Assessments:	Homework:
<p>Students should be able to:</p> <ul style="list-style-type: none"> • Be able to analyse the different <u>methods of training</u> that could be used. 	<p>Rich Task Discuss the advantages and disadvantages of your chosen training method. Explain how it will improve your performance and give examples of how you will use it.</p>	