

| Prior Learning                   |                       |                                                            |
|----------------------------------|-----------------------|------------------------------------------------------------|
| Types of provision (component 1) | Components of Fitness | Preparing participants for physical activity (component 1) |



## LEARNING JOURNEY

*Ad Astra*

Over the next 15 weeks we will be learning about component 3 – The exam Unit. This assignment requires students to complete a 60 mark test in 90 minutes. The exam will focus on personal training, you will understand how to set up a training programme for different participants and understand the impacts of this exercise on the body. After each key learning topic is completed there will be a mini assessment.

| We will develop our learning each week by focusing on:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Completed | Assessment Mark | RAG Rate |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|-----------------|----------|
| <b>Key Learning 1:</b> Components of fitness and Fitness Testing <ul style="list-style-type: none"> <li>Know the Health and Skill related components of fitness.</li> <li>Explain which sports performers need which components of fitness.</li> <li>Know all of the fitness tests and which component of fitness they test.</li> <li>Understand the importance of fitness testing and the pre-test procedures that should be conducted.</li> <li>You will be able to interpret fitness test data and decide on appropriate next steps.</li> </ul> |           |                 |          |
| <b>Key Learning 2:</b> Methods of training <ul style="list-style-type: none"> <li>Know how to carry out fitness training safely and effectively.</li> <li>Know the different methods of training and which component of fitness they aim to improve.</li> <li>Know the advantages and disadvantages of each test.</li> <li>Types of provision – public, private and voluntary.</li> </ul>                                                                                                                                                          |           |                 |          |
| <b>Key Learning 3:</b> Long term effects of exercise on the body <ul style="list-style-type: none"> <li>Know the long term impacts of different methods of training on the body.</li> </ul>                                                                                                                                                                                                                                                                                                                                                        |           |                 |          |
| <b>Key Learning 4:</b> Fitness training principles <ul style="list-style-type: none"> <li>Know the FITT principles.</li> <li>Apply the FITT principles to exercise activities.</li> <li>Know the training additional training principles (I SPORT with some R&amp;R)</li> <li>Apply the additional training principles to exercise activities.</li> </ul>                                                                                                                                                                                          |           |                 |          |
| <b>Key Learning 5:</b> Determining exercise intensity <ul style="list-style-type: none"> <li>Know how to measure heart rate.</li> <li>Know and understand the training thresholds and target zones and how to work these out for different athletes.</li> <li>Understand the Borg scale</li> <li>Be able to calculate 1RM and 15RM</li> <li>Know the different types of technology we can use to measure exercise intensity.</li> </ul>                                                                                                            |           |                 |          |
| <b>Key Learning 6:</b> Designing an exercise programme <ul style="list-style-type: none"> <li>Gather information to begin designing a fitness programme for different performers.</li> <li>Select appropriate training methods and activities for each individual.</li> <li>Apply fitness principles to the programme design.</li> <li>Know the types of motivation and how performers can apply this.</li> <li>Know how to apply SMARTER goal setting and why this is important</li> </ul>                                                        |           |                 |          |
| <b>Revision</b> <ul style="list-style-type: none"> <li>Full Mock assessment</li> <li>Recap and revision</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                 |           |                 |          |
| Key Vocabulary                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |           |                 |          |
| Identify                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Explain   | Analyse         |          |