

Yr 11 BTEC Sport Autumn Term

Year 11	Lesson 1 Learning intentions (what can a student do at the end of the lesson) UNIT 3	Lesson 2 Learning intentions (what can a student do at the end of the lesson) UNIT 3	Lesson 3 Learning intentions (what can a student do at the end of the lesson) UNIT 3
Weeks 1 & 2 (Staggered start)	An introduction to the course – To know the units that make up BTEC Sport, and the remaining units in year 11. To know the grading criteria and expectations in BTEC Sport. To know and understand the content and topics covered in Unit 3 and a recap of the content from unit 1 that links into unit 3 – principles of training and the key terminology used in BTEC Sport.	To know the terms aims and objectives To understand the terms and be able to define the differences between aims and objectives To know and understand short, medium and long term goals To be able to Identify the goals in regards to short, medium and long term goals To be able to plan a component of fitness that students would like to improve (Muscular endurance – circuit training/interval training/weight training)	To know and understand what SMARTER goals/targets are. To be able to Identify some reasons for goal setting and identify the principle used for this. To Identify, describe and give examples for the principle used for effective goal setting. To know and understand the importance of goal setting and be able to explain each principle and support this with examples.
Weeks 3	To know what a health screening/PARQ is. To understand the importance of a PARQ and its use for personal trainers and planning sporting activities. To apply and consider the PARQ to student individual training programmes.	To understand personal attitudes with consideration to sport, physical activity and their chosen sport. To understand and apply the different types of motivation when referring to the mind, attitudes and motivations in sport and PE.	Practical (anaerobic) To know what circuit training is To understand how to deliver circuit training To know and understand the different components of fitness that circuit training may work on. To know the difference between aerobic training and anaerobic training
Weeks 4	To be able to recall the methods of training. To recall the components of fitness. To understand the component of fitness to be improved over the programme and what training method needs to be used to achieve this.	To be able to recap the basic and additional principles of training To apply and implement the knowledge of the basic and additional principles of training into the design of their programme	Practical (aerobic) To know what circuit training is To understand how to deliver circuit training To know and understand the different components of fitness that circuit training may work on. To know the difference between aerobic training and anaerobic training

	<p>To analyse and consider the fitness results from year 10 and use this to base an area for improvement.</p> <p>Begin to plan a 6 week training programme design (daily) using personal information to aid design</p>		
Weeks 5	<p>To continue designing the 6 week training programme</p> <p>To begin to consider how a warm up and cool down is composed and the different stages of it</p> <p>To know what a warm up and cool down is</p> <p>To understand and apply a warm up and cool down to the training programme</p> <p>To finalise the application of the basic and additional principles of training into the design of their programme</p>	<p>To continue designing the 6 week training programme</p> <p>Practical</p> <p>To know what interval training is</p> <p>To understand how to deliver interval training</p> <p>To know and understand the different components of fitness that interval training may work on.</p> <p>To know the difference between aerobic training and anaerobic training</p>	<p>Practical – safely implement a 6-week training programme</p> <p>To be able to use an appropriate training method and follow a 6 week training plan, focusing on a specific component of fitness.</p> <p>To understand and to be able to evaluate performance after the session.</p> <p>To understand and apply the importance of wearing correct training gear, safe and correct use of equipment, implementation of correct technique, awareness of wider safety issues.</p> <p>To be able to understand and take full responsibility for completing and recording details for each training session.</p> <p>To be able to adapt the programme to ensure continued commitment to training, for example using a variation of activities/training methods.</p>
Weeks 6	<p>To know and understand how intensity is measured and calculated when training</p> <p>To know and understand what target zones and training thresholds are</p> <p>To know how to calculate maximum heart rate</p> <p>To know and understand RPE and the BORG scale</p> <p>To be able to apply RPE and Training zones during training programmes</p>	<p>To recap intensity and how it is measured when training</p> <p>To recap target zones and training thresholds/maximum heart rate/RPE and the BORG scale</p> <p>To be able to apply and implement RPE and Training zones into a specific training programme</p>	<p>Practical safely implement a 6-week training programme</p> <p>To be able to use an appropriate training method and follow a 6 week training plan, focusing on a specific component of fitness.</p> <p>To understand and to be able to evaluate performance after the session.</p> <p>To understand and apply the importance of wearing correct training gear, safe and correct use of equipment, implementation of correct technique, awareness of wider safety issues.</p>

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<p>Weeks 7</p>	<p>To be able to consider the programme design and creativity of the programme.</p> <p>To be able to explain and evaluate the barriers and motivations to an individual raining programme providing rationales to the purpose of the programme</p>	<p>To be able to consider the programme design and creativity of the programme.</p> <p>To be able to explain and evaluate the barriers and motivations to an individual raining programme providing rationales to the purpose of the programme</p> <p>To be able to justify the training programme design, explaining links to personal information.</p>	<p>Practical safely implement a 6-week training programme</p> <p>To be able to use an appropriate training method and follow a 6 week training plan, focusing on a specific component of fitness.</p> <p>To understand and to be able to evaluate performance after the session.</p> <p>To understand and apply the importance of wearing correct training gear, safe and correct use of equipment, implementation of correct technique, awareness of wider safety issues.</p> <p>To be able to understand and take full responsibility for completing and recording details for each training session.</p> <p>To be able to adapt the programme to ensure continued commitment to training, for example using a variation of activities/training methods.</p>
<p>Year 11 Autumn Term 2</p>	<p>Lesson 1 Learning intentions</p> <p>(what can a student do at the end of the lesson)</p> <p>UNIT 3</p>	<p>Lesson 2 Learning intentions</p> <p>(what can a student do at the end of the lesson)</p> <p>UNIT 3</p>	<p>Lesson 3 Learning intentions</p> <p>(what can a student do at the end of the lesson)</p> <p>UNIT 3</p>

<p>Weeks 1</p>	<p>To know about the structure of the human body - musculoskeletal system.</p> <p>To be able to distinguish the muscles and bones in the musculoskeletal system.</p> <p>To understand the location of the major muscles.</p> <p>To identify the major muscles in the body.</p>	<p>To know about the structure of the human body - musculoskeletal system.</p> <p>To recap the names and locations of the major muscles in the body.</p> <p>To be able to distinguish the muscles and bones in the musculoskeletal system.</p> <p>To understand the location of the major bones in the body.</p> <p>To identify the major bones in the body.</p>	<p>Practical safely implement a 6-week training programme</p> <p>To be able to use an appropriate training method and follow a 6 week training plan, focusing on a specific component of fitness.</p> <p>To understand and to be able to evaluate performance after the session.</p> <p>To understand and apply the importance of wearing correct training gear, safe and correct use of equipment, implementation of correct technique, awareness of wider safety issues.</p> <p>To be able to understand and take full responsibility for completing and recording details for each training session.</p> <p>To be able to adapt the programme to ensure continued commitment to training, for example using a variation of activities/training methods.</p>
<p>Weeks 2</p>	<p>To know about the different types of synovial joints in the body.</p> <p>To understand and describe the structure and function of different synovial joints in the body.</p>	<p>To recap the different types of synovial joints in the body and their use in relation to sporting examples.</p> <p>To know about the short term effects of exercise on the musculoskeletal system.</p>	<p>Practical safely implement a 6-week training programme</p> <p>To be able to use an appropriate training method and follow a 6 week training plan, focusing on a specific component of fitness.</p> <p>To understand and to be able to evaluate performance after the session.</p>

	<p>To be able to understand and apply the use of the different synovial joints using sporting examples.</p>	<p>To identify the impact a warm up and increased flexibility has on a joint during fitness training.</p> <p>To be able to understand and apply progressive overload and its benefits during a training programme.</p>	<p>To understand and apply the importance of wearing correct training gear, safe and correct use of equipment, implementation of correct technique, awareness of wider safety issues.</p> <p>To be able to understand and take full responsibility for completing and recording details for each training session.</p> <p>To be able to adapt the programme to ensure continued commitment to training, for example using a variation of activities/training methods.</p>
<p>Weeks 3</p>	<p>To be able to recall the structure and function of the musculoskeletal system.</p> <p>To understand and describe the structure of the cardiovascular and cardiorespiratory system.</p>	<p>To be able to recap the structure and function of the cardiorespiratory system.</p> <p>To apply and implement the knowledge of the short term effects of fitness training on the cardiorespiratory system.</p>	<p>Practical – safely implement a 6-week training programme</p> <p>To be able to use an appropriate training method and follow a 6 week training plan, focusing on a specific component of fitness.</p> <p>To understand and to be able to evaluate performance after the session.</p> <p>To understand and apply the importance of wearing correct training gear, safe and correct use of equipment, implementation of correct technique, awareness of wider safety issues.</p>

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<p>Weeks 4</p>	<p><u>Assignment work (preferably Computer-based)</u> Outline the structure and function of the musculoskeletal and cardiorespiratory systems.</p> <p>Describe the structure and function of the musculoskeletal and cardiorespiratory systems.</p> <p>Explain the short-term effects on the musculoskeletal and cardiorespiratory systems during the fitness training programme.</p> <p>Outline some of the short-term effects on the musculoskeletal and cardiorespiratory systems during the fitness training programme.</p> <p>Summarise the short-term effects on the musculoskeletal and cardiorespiratory</p>	<p><u>Assignment work (preferably Computer-based)</u> Outline the structure and function of the musculoskeletal and cardiorespiratory systems.</p> <p>Describe the structure and function of the musculoskeletal and cardiorespiratory systems.</p> <p>Explain the short-term effects on the musculoskeletal and cardiorespiratory systems during the fitness training programme.</p> <p>Outline some of the short-term effects on the musculoskeletal and cardiorespiratory systems during the fitness training programme.</p> <p>Summarise the short-term effects on the musculoskeletal and cardiorespiratory</p>	<p>Practical – safely implement a 6-week training programme</p> <p>To be able to use an appropriate training method and follow a 6 week training plan, focusing on a specific component of fitness.</p> <p>To understand and to be able to evaluate performance after the session.</p> <p>To understand and apply the importance of wearing correct training gear, safe and correct use of equipment, implementation of correct technique, awareness of wider safety issues.</p> <p>To be able to understand and take full responsibility for completing and recording details for each training session.</p> <p>To be able to adapt the programme to ensure continued commitment to training,</p>

	systems during the fitness training programme.	systems during the fitness training programme.	for example using a variation of activities/training methods.
Weeks 5	<p><u>Assignment work (preferably Computer-based)</u> Outline the structure and function of the musculoskeletal and cardiorespiratory systems.</p> <p>Describe the structure and function of the musculoskeletal and cardiorespiratory systems.</p> <p>Explain the short-term effects on the musculoskeletal and cardiorespiratory systems during the fitness training programme.</p> <p>Outline some of the short-term effects on the musculoskeletal and cardiorespiratory systems during the fitness training programme.</p> <p>Summarise the short-term effects on the musculoskeletal and cardiorespiratory systems during the fitness training programme.</p>	<p><u>Assignment work (preferably Computer-based)</u> Outline the structure and function of the musculoskeletal and cardiorespiratory systems.</p> <p>Describe the structure and function of the musculoskeletal and cardiorespiratory systems.</p> <p>Explain the short-term effects on the musculoskeletal and cardiorespiratory systems during the fitness training programme.</p> <p>Outline some of the short-term effects on the musculoskeletal and cardiorespiratory systems during the fitness training programme.</p> <p>Summarise the short-term effects on the musculoskeletal and cardiorespiratory systems during the fitness training programme.</p>	<p>Practical safely implement a 6-week training programme</p> <p>To be able to use an appropriate training method and follow a 6 week training plan, focusing on a specific component of fitness.</p> <p>To understand and to be able to evaluate performance after the session.</p> <p>To understand and apply the importance of wearing correct training gear, safe and correct use of equipment, implementation of correct technique, awareness of wider safety issues.</p> <p>To be able to understand and take full responsibility for completing and recording details for each training session.</p> <p>To be able to adapt the programme to ensure continued commitment to training, for example using a variation of activities/training methods.</p>

<p>Weeks 6</p>	<p>Assignment work (preferably Computer-based) Outline the structure and function of the musculoskeletal and cardiorespiratory systems.</p> <p>Describe the structure and function of the musculoskeletal and cardiorespiratory systems.</p> <p>Explain the short-term effects on the musculoskeletal and cardiorespiratory systems during the fitness training programme.</p> <p>Outline some of the short-term effects on the musculoskeletal and cardiorespiratory systems during the fitness training programme.</p> <p>Summarise the short-term effects on the musculoskeletal and cardiorespiratory systems during the fitness training programme.</p>	<p>Assignment work (preferably Computer-based) Outline the structure and function of the musculoskeletal and cardiorespiratory systems.</p> <p>Describe the structure and function of the musculoskeletal and cardiorespiratory systems.</p> <p>Explain the short-term effects on the musculoskeletal and cardiorespiratory systems during the fitness training programme.</p> <p>Outline some of the short-term effects on the musculoskeletal and cardiorespiratory systems during the fitness training programme.</p> <p>Summarise the short-term effects on the musculoskeletal and cardiorespiratory systems during the fitness training programme.</p>	<p>Assignment work (preferably Computer-based) Outline the structure and function of the musculoskeletal and cardiorespiratory systems.</p> <p>Describe the structure and function of the musculoskeletal and cardiorespiratory systems.</p> <p>Explain the short-term effects on the musculoskeletal and cardiorespiratory systems during the fitness training programme.</p> <p>Outline some of the short-term effects on the musculoskeletal and cardiorespiratory systems during the fitness training programme.</p> <p>Summarise the short-term effects on the musculoskeletal and cardiorespiratory systems during the fitness training programme.</p>
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