Scheme title	Half Term 1 Unit 1 - Learning Aim A - Components of fitness. Exercise intensity and Principles of	Half Term 2 Unit 1 - Learning Aim B - Methods of training	Half Term 3 Unit 1. Learning Aim C - Fitness testing	Half Term 4	Half Term S Unit 1 - Revision LA B/C	Half Unit 1 - R
Scheme title	training					
Purpose of scheme	Focusing on Learning Aim A, Know about the components of fitness and the principles of training	Focusing on Learning Aim B, Explore different fitness training methods Topic B.1 Requirements for each of	Focusing on Learning Aim C, Explore different fitness tests Topic C.1 Fitness test methods for components of fitness:: • flexibility: sit and reach test	To revisit all previous work to be able to complete end of unit assessment in	To revisit all previous work to be able to complete end of unit assessment in	To revisit all pr able to compl
	During these lessons' students will learn about components of fitness and how different	the following fitness training Meth-ods:	 strength: grip dynamometer 	Learning Aim A,B and C	Learning Aim A,B and C	able to comp
	athletes require these for there chosen sports. How to de-termine the intensity of exercise, and how it differs for different activities. Understand the principles and additional principles	Safe, correct use of equipment	aerobic endurance: o multi-stage fitness test			
	and how it differs for different activities. Understand the principles and additional principles of training and apply them to different scenarios. Many lessons will allow time to apply	Safe, correct use of training technique Requirements for undertaking the fitness training	o muto-stage ntness test o forestry step test			
	knowledge into exam style questions. With frequent retiral activities knowledge will start to	method, including warm-up and cool down	o definition of VO2 max			
	stick in their long-term memory, allowing them to recall throughout the year. Other activities will allow students to recognise gaps in their knowledge. With 2 progress points and 1 end of	 Application of the basic principles of training (FITT) for each fitness training method 	• speed: 35m sprint • speed and agility: Illinois agiity run test			
	will allow students to recognise gaps in their knowledge. With 2 progress points and 1 end of unit assessment students will reflect at the end of the unit how they have performed.	 Linking each fitness training method to the associated 	speed and agency: Illinois agency run test anaerobic power: vertical jump test			
		health-related/ skill-related component of fitness.	anaerobic power: vertical jump test muscular endurance: one-minute press-up, one-minute sit-up			
		Topic B.2 Additional requirements for each of the fitness training meth-ods:	body composition: Body Mass Index, Bioelectrical Impedance Analysis (BIA) and Skin fold (Jackson-Pollock) Topic C.2 Importance of fitness testing to sports performers and coaches:			
		 Advantages/disadvantages 	 gives baseline data for monitoring/improving performance 			
		 Application of exercise intensity to fitness training 	 can design training programmes based on test results and determine if training 			
		methods	programmes are working			
		 Application of principles of training to fitness training methods 	essuits can give a performer something to aim for/goal setting. Topic C.3 Requirements for administration of each fitness test:			
		· Appropriate application of fitness training method(s) for	pre-test procedures (informed consent, calibration of equipment)			
		given situation(s) • Appropriate application of fitness training method(s) to	knowledge of published standard test methods and equipment/ insources required purpose of each purpose of each			
		 Appropriate application of fitness training method(s) to given client needs/goals/aims/objectives. 	europse of each fitness test			
			 accurate measurement and recording of test results 			
			 basic processing of test results for interpretation (using published data tables and appropriate units for comparison purposes) 			
			 ability to safely select appropriate test(s) for given purposes, situations 			
			and/or participants • the terms 'reliability', 'validity' and 'practicality' related to each fitness			
			e the terms reliability, validity and practicality related to each inness test method			
			 advantages and disadvantages of fitness test methods. Topic C.4 Interpretation of fitness test results: 			
			compare fitness text results to normative published data compare fitness text results to those of peers			
			 be able to draw conclusions from data results 			
			be able to analyse and evaluate test results			
			 be able to suggest and justify appropriate recommendations for improvements to fitness for a given purpose/situation/participant 			
Knowledge in sequence	Lesson ONE:	Methods of Training – Link to C.O.F, Training & Safety	SOW being rewritten	SOW being rewritten	SOW being rewritten	SOW be
	1. Describe the difference between physical and skill C.O.F	Lesson ONE:				
	2. Identify the different C.O.F 3. Know which C.O.F's are skill and physical	Learning Objectives 1. Identify why training methods are used				
	Physical components of fitness	2.Describe why safety is important during training				
	Lesson TWD:	Explain the purpose of a warm up and cool down				
	Learning Objectives: 1. Recap the Physical components of fitness	Methods of Training – Aerobic Endurance Lesson TWO:			1	1
	2. Describe each component of fitness 3. Apply components of fitness to specific sports	Learning Objectives			1	1
	3.Apply components of fitness to specific sports	1.Define the cardiorespiratory system & Aerobic			1	1
	Skill related components of fitness Lesson THREE:	Endurance 2.Identify the methods of training for aerobic endurance		1	1	1
	Learning Objectives	3.Describe how to carry out the methods of training			1	1
	1 Becan the Skill components of fitness	Apply knowledge to exam style questions			1	1
	2. Describe each component of fitness 3. Apply components of fitness to specific sports	Methods of Training – Flexibility Training Lesson THREE:		1	1	1
	Exam questions Lesson FOUR:	Learning Objectives 1.Recap the definition of Flexibility			1	1
	Lesson FOUR: Learning Objectives	Identify the different types of flexibility training			1	1
	1. Identify different command words in exam questions	3.Describe how to carry out the methods of training		1	1	1
	2. Understand how to answer different style of questions	4 Anniv knowledge to evam style questions				
	3.Apply knowledge into exam style questions Progress point & Exercise Intensity	Methods of Training – Application of Methods of Training & Exam style questions				
	Lesson FIVE:	Lesson FOUR:				
	Progress point ONE – Components of fitness Learning Objectives	Learning Objectives				
	1. identify how to measure HR	1.Identify the correct methods of training for a specific sports performer				
	2.Describe how to calculate MHR	2.Assess the advantages and disadvantages of the				
	3.Identify what is meant by training zone Exercise Intensity	methods of training 3.Explain how FITT can be applied				
	Lesson SIX:	Methods of Training – Progress point & Speed training				
	Learning Objectives	Progress point THREE – Methods of Training				
	1.Identify the different training zones 2.Understand the relationship between HR & RPE	Lesson FIVE : Learning Objectives				
	3. Demonstrate how to calculate training zones for different athletes	1.Define the three types of speed				
	Principles of Training	2.Identify the methods of training for each type of speed.				
	Lesson SEVEN: Learning Objectives	3.Describe how each method is carried out Mathods of training Strength Training				
	1. Identify the principles of training					
	2.Describe how you can apply these principles of training					
	3. Apply your knowledge into exam questions					
	Additional principles of training Lesson EIGHT:					
	Learning Objectives					
	Identify the additional principles of training Describe how to apply these using sporting examples					
	Additional principles of training					
	Lesson NINE:					
	Learning Objectives 1. Identify the additional principles of training					
	2. Describe how to apply these using sporting examples					
	3. Apply knowledge into exam questions					
	Progress point & Brain dump (retrieval activity) Lesson TEN:					
	Progress point TWO – Principles of Training					
	1. Highlight areas of strengths and weakness using a brain dump Covering ALL LA A Content.					
	Revision Lesson					
	Lesson ELEVEN:					
	1 Revisit areas of strength and weakness				1	1
	2.Use a range of revision techniques to work on highlighted areas of weakness Covering ALL LA A Content to allow students to prepare for end unit assessment.			1	1	1
	End of unit assessment				1	1
	Lesson TWELVE:				1	1
	ASSESSMENT 1: Complete 50 minute assessment on Learning Aim A content Assessment feedback and self-evaluation				1	1
	Lesson THIRTEEN:				1	1
	Identify common misconceptions on the assessment Understand how to correct gaps in current knowledge				1	1
Skills	2. Understand how to correct gaps in current knowledge Key Terminology used in exam questions – describe, ex-plain, analyse.	Key Terminology used in exam ques-tions – describe, ex-	SOW being rewritten	SOW being rewritten	SOW being rewritten	SOW bein
	Measuring HB (Fitness cycle in lower year Practical PF)	plain, analyse.				
	Potential knowledge of C.O.F from Fitness cycles in lower year practical PE	Potential knowledge of methods of Training from Fitness outer in lower upper errortical BE				L
		Exam Key words	SOW being rowritten	SOW being rewritten	SOW being rewritten	SOW bei
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	IDENTIFY IDENTI	IGNTYY IGNTYY IGNTAE	Describe, explain and workuts filmers tests and discuss the winkling, reliability and practicality of each.	Progress point 7 - Practise assignment	Progress point 8 - Practise assignment	
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