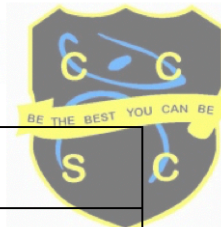




Curriculum Intent

	Crucial Knowledge & Key Learning	Sequencing and Links to Prior Learning	Planned Re-cap and Recall
Term 1-1	<p>R042/L01: Understanding the principles of training in a sports context.</p> <ul style="list-style-type: none"> Progression (inc Frequency, Intensity, Time, Type, Adherence) Specificity Reversibility Moderation Variance <p><i>R042:LO1: Task production, submission and evaluation</i></p>	<p>Principles of training underpin the planning of a training programme required for LO4 and are threaded throughout the application of fitness components and training methods in LO2 and testing in LO3.</p> <p><i>Application of knowledge</i></p>	<p>Re-caps to consider prior learning.</p> <p>Pupil must be able to recall the principles of training; Progression, Specificity, Reversibility, Moderation and Variance and developed to give descriptions and practical examples from sport.</p>
Term 1-2	<p>R042/L02/03: Understanding how different training methods target different fitness components and being able to conduct fitness tests.</p> <ul style="list-style-type: none"> Aerobic and anaerobic exercise – compare and contrast Components of fitness: strength/speed/power/agility/flexibility/balance/cardiovascular endurance/muscular endurance Test protocols, sequencing, validity and reliability Testing components of fitness (methods and practical application inc data gathering): hand grip test/30m sprint test/sergeant jump test/ Illinois agility test/ Sit and reach test/ Stork stand test/MSFT/30 sec sit-up test Normative data interpretation (<i>against results</i>) 	<p>Classification of aerobic and anaerobic exercises supports knowledge in categorising components of fitness under each header and links to maximal and sub maximal testing.</p> <p>Fitness tests allow pupils to utilise evaluation skills that will benefit LO4 and deepen knowledge of components relevant to specific athletes.</p> <p>Test results are judged against norms for pupils to self-evaluate their own levels and make them relevant.</p>	<p>Re-caps to consider prior learning.</p> <p>Pupils to be able to recall the principles of training inclusive of FITTA when considering progression.</p> <p>Recall of the terms aerobic and anaerobic and the differences between them.</p> <p>Recall of the components of fitness, Strength, Speed, Power, Agility, Flexibility, Balance, Cardiovascular Endurance, Muscular Endurance</p> <p>Recall of the meanings of the terms Protocol, Sequencing, Validity, Reliability</p>
Term 2-1	<ul style="list-style-type: none"> Appropriate training methods to develop fitness components: Resistance training – resistance machines/free weights/circuits Power training – interval/plyometric/repetition/acceleration Agility training – agility ladder/agility hurdle Flexibility training – dynamic/static Balance training – balance ball/exercise ball Cardiovascular training – continuous/HITT/fartlek <p><i>R042:LO2 and LO3: Task production, submission and evaluation</i></p>	<p>Prior knowledge of components of fitness support pupils understanding of relevant training methods that improve normative data formulated in the testing.</p> <p><i>Application of Knowledge: Prior learning of LO1/02/03</i></p>	<p>Re-caps to consider prior learning.</p> <p>Recall of the components of fitness, Strength, Speed, Power, Agility, Flexibility, Balance, Cardiovascular Endurance, Muscular Endurance and application to training methods.</p>
Term 2-2	<p>R042/L04: Be able to develop and evaluate training programmes</p> <ul style="list-style-type: none"> Scenario based athletes – matching appropriate training methods to specific fitness components. Applying appropriate progressions to training methods based on FITTA Scenario based evaluations of training programmes – justification of progressions in light of training 	<p>Scenario tasks supports pupils in making use of prior learning in meeting LO1/2/3 objectives and apply it to practical situations.</p> <p>Embeds key knowledge and skills that will support in the application LO4.</p>	<p>Re-caps to consider prior learning.</p> <p>Recall of the principles of training in relation to application of an exercise programme.</p>



	needs/developing questionnaires (data collection)/making amendments based on feedback		
Term 3-1	<ul style="list-style-type: none"> Designing a fitness programme based on LO3 data: Data gathering on individual/clarifying training aims and goal setting/determining training duration/selection of suitable activities/organisation of activities/adaptability of activities/progressions Evaluating the effectiveness of the training programme LO4: Measurement against prior LO3 data/reflection questionnaire/recommendations and improvements for further planning <p><i>R042: LO4: Task production, submission and evaluations</i></p>	<p>Knowledge rehearsals and prior LO1/2/3 production feed information to develop outcomes for LO4.</p> <p>LO4 relies on solid understanding of LO1 that has been built on by LO2/3. This must be practically applied to a working training programme and evaluated through summative and formative data analysis.</p> <p><i>Application of Knowledge: Prior learning of R042 LO1/2/3/4</i></p>	<p>Re-caps to consider prior learning.</p> <p>Recall of the components of fitness in relation to specific sporting activity needs.</p> <p>Recall of fitness testing appropriate to components of fitness.</p>
Term 3-2	<p>RO45/LO1: To know about the nutrients needed for a healthy, balanced diet</p> <ul style="list-style-type: none"> Characteristics of a balanced diet: Nutritional requirements inc intake and BMR/food groups/allergies/intolerances/dietary preferences e.g. vegetarian, vegan Understanding of what nutrients are The role of nutrients in a healthy balanced diet: Carbohydrates (simple/complex)/Fats (saturated/unsaturated)/proteins/fibre/water/vitamins and minerals Knowledge of food sources of nutrients <p><i>R045:LO1: Task production, submission and evaluations</i></p>	<p>Knowledge of diet and nutrition in LO1 underpins the entire programme of sport nutrition.</p> <p>Learning will be built on to look at the consequences of poor diet choices, the needs of differing athletes' nutritional requirements and the development of designing and assessing a diet plan based on the needs of physical activity.</p> <p><i>Application of Knowledge: Prior learning of R045 LO1</i></p>	<p>Re-caps to consider prior learning.</p> <p>Recall of what nutrients are.</p> <p>Recall of the nutrients, Carbohydrate, Proteins, Fats, Vitamins, Minerals, Fibre, Water</p> <p>Recall of the components of fitness and applied to nutrients that benefit these.</p>