


| Learning Plan 2 | | Subject/Pwnc: PE – Sport and Coaching | | Year/Blwyddyn: 10 | |
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| <p><u>The Four Purposes in Health and Wellbeing</u></p> <p>Ambitious, capable learners, who: set themselves high standards; seek and enjoy challenge; are increasingly knowledgeable and skilful; ask questions; enjoy solving problems; can explain ideas and concepts; can use number effectively in different contexts; interpret data and apply mathematical concepts; use digital technologies creatively to communicate, find and analyse information; research and evaluate critically what they find.</p> <p>Enterprising, creative contributors, who: Take measured risks.</p> <p>Ethical, informed citizens, who: Find, evaluate and use evidence in forming views; consider the impact of their actions when making choices and acting; are committed to sustainability.</p> <p>Healthy, confident individuals, who: are establishing their ethical beliefs; face and overcome challenge.</p> | | | |  | |
| <p>Knowledge focus/what matters: Developing an understanding of the main components of fitness, knowing that some lie in health and some in skill. Understanding the different methods of testing various components in order to analyse the findings. Analyse and evaluate data, using this data to have an outcome and plan to improve an performance.</p> | | | | | |
| Learning intention/key question | What will I know and be able to do? I can... | How will I develop my skills? (Success Criteria) | Homework/Gwaith cartref to support progress | | |
| Week/Wythnos 1 - Learning Intentions: Components of skill and health related fitness | <ul style="list-style-type: none">Understand the main components of fitness, identifying how each one relates to areas in sport.Identify the components related to the individual and their sport | <ul style="list-style-type: none">- I can identify and define which component is related to various sports and why.- I can describe using your own sport the different components and why they are used in your own sport.- I am able to complete a range of past paper questions using recall and retrieval. | Wk 1 | Homework: Exam question on animal and plant cell organelles. Set: Due: | |
| Week/Wythnos 2- Learning Intentions: Understanding that lifestyle factors affect a performance | <ul style="list-style-type: none">Identify a range of lifestyle factors that can affect a performance in both a positive and negative manner.Evaluate your own lifestyle factors and how they may affect your own performance. | <ul style="list-style-type: none">- I can demonstrate an understanding of the different lifestyle factors- I am developing the ability to write extended answers.- I can analyse my own lifestyle factors, by identifying sleep patterns, diet and hydration that could lead to varying performances | Wk 2 | Homework: Exam question on osmosis and diffusion Set: Due: | |



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| Week/Wythnos 3 Learning Intentions: Understanding Body type and its effect on Sport | <ul style="list-style-type: none"> Understand that different body types have different roles in sport. Analyse a range of body types and identify how they are best suited to specific sports. | <ul style="list-style-type: none"> - I can use knowledge to describe Mesomorph, Ectomorph and Endomorph body types. - I can identify and explain different body types and how they fit in specific sports, using myself as an example. | Wk 3 | Homework: E Set: Due: |
| Week/Wythnos 4 Learning Intentions: Understand the methods of testing for Physiological Performances | <ul style="list-style-type: none"> Develop an understanding of the different fitness tests associated with each component Understand why tests are valid and reliable. Obtain data from fitness tests. | <ul style="list-style-type: none"> - I can recall the methods for a range of fitness tests, understanding how the test is testing what it is for. - I can explain the terms, reliability and validity - I can record my own fitness data - I can analyse my data; I can compare, and contrast, my own data to normative data and the class | Wk 4 | Homework: Set: Due: |
| Week/Wythnos 5 Learning Intentions: Develop an understanding of the different methods of training. | <ul style="list-style-type: none"> Develop an understanding of quantitative data. Use of data and comparing it to normative data, and class data. Understand a range of graphs, and analysing them | <ul style="list-style-type: none"> - I understand what quantitative data is using examples. - I can apply my analysis and evaluation skills to discuss findings and draw conclusions from fitness testing data. - I can interpret and use normative data, compare my own findings and draw conclusions. | Wk 5 | Homework: Set: Due: |
| Week/Wythnos 6 Learning Intentions: Develop an understanding of the different methods of training. | <ul style="list-style-type: none"> Begin to understand that each component has a specific method of training Analyse a sport and the various training methods used to improve the fitness within that sport. Identify own methods of training. | <ul style="list-style-type: none"> - I can describe and use examples the various methods of training identifying which method is most suited to the specific component - I can demonstrate my knowledge and understanding by using a range of sports analyse to identify the component of fitness, how to test and how to improve using the correct methods for the appropriate sport. | Wk 6 | Homework: Set: Due: |
| Week/Wythnos 7 Learning Intentions: Planning and Completing Assessment Task 1 and 2 | Assessment-Task 1 & 2- Using your knowledge, develop a report that identifies the key components, lifestyle factors, methods of testing and training for yourself. | Be able to: -Identify and describe the components of fitness for yourself -Identify and describe the methodology of the fitness tests associated for yourself -Collect and analyse data for the tests Evaluate which method of training is best suited to your sport, explaining why. | Wk 7 | Homework: Set: Due: |

