

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

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

