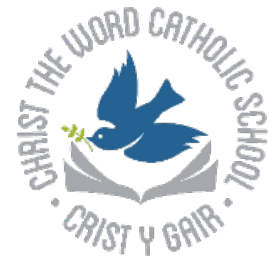


Unit 1 Fitness for Sport



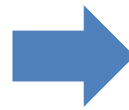
Skills, knowledge and understanding to be developed in this Learning Plan:

Begin to develop and embed knowledge and understanding of a the different body systems including their structure and function.
Develop an understanding of the short and long term effects of exercise on the different body systems.

Key terms to be learned in this LP:

LP:

Week/Wythnos 1 Learning Objectives: Components of skill and health related fitness



- **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**

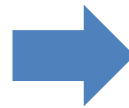
Objective assessments:

- Identify and define which component is related to various sports and why.
- Describe using your own sport the different components and why they are used in your own sport.
- Be able to complete a range of past paper questions using recall and retrieval.

Homework/Gwaith cartref:

Set:
Due:

Week/Wythnos 2 Learning Objectives: **Understanding lifestyle factors and the effect on sport.**



- 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.

Objective assessments:-

Demonstrate an understanding of the different lifestyle factors, answering a range of low level exam questions, as well as beginning to develop the ability to write extended answers.

Homework/Gwaith cartref:

Set:
Due:

Week/Wythnos 3 Learning Objectives: **Understanding the functions of the cardio-respiratory system**



- 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.

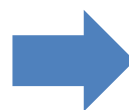
Objective assessments:

- Use knowledge to describe the three different body types, Mesomorph, Ectomorph and Endomorph
- Identify and explain different body types and how they fit in specific sports, using myself as an example.

Homework/Gwaith cartref:

Set:

Week/Wythnos 4 Learning Objectives: **Understand the methods of testing for various methods of testing the fitness components.**



- Develop an understanding of the different fitness tests associated with each component
- Understand why tests are valid and reliable.
- Obtain data from fitness tests.


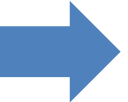
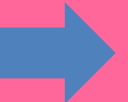
Objective assessments:

- Recall the methods for a range of fitness tests, understanding how the test is testing what it is for.
- Understand the terms, Reliability and Validity
- Record my own fitness data, analyse my data in relation to normative data and the class

Homework/Gwaith cartref:

Set:
Due:

Unit 1 Fitness for Sport

<p><i>Week/Wythnos 5 Learning Objectives: Develop an understanding of the different methods of training.</i></p> <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 		<p><i>Objective assessments:</i></p> <ul style="list-style-type: none"> -Understand what quantitative data is using examples. - Use of analysis and evaluative skills to discuss findings from fitness testing data. -Use normative data to compare own findings and discuss what has been found. 	<p>Homework/Gwaith cartref:</p> <p>Set:</p> <p>Due:</p>
<p><i>Week/Wythnos 6 Learning Objectives: Develop an understanding of the different methods of training.</i></p> <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. 		<p><i>Objective assessments:</i></p> <p>Be able to:</p> <ul style="list-style-type: none"> -Describe and use examples the various methods of training identifying which method is most suited to the specific component -Show 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. -Answer a range (1 or 2 mark to 6 mark) of past paper questions to demonstrate knowledge 	<p>Homework/Gwaith cartref:</p> <p>Set:</p> <p>Due:</p>
<p><i>Week/Wythnos 7 Learning Objectives:</i></p> <ul style="list-style-type: none"> • <i>Assessment- Pupils complete a range of past paper questions on the previous content.</i> 		<p><i>Objective assessments:</i></p> <p><i>Be able to:</i></p> <ul style="list-style-type: none"> - <i>Recall and retrieve information based on the learned content.</i> 	<p>Homework/Gwaith cartref:</p> <p>Set:</p> <p>Due:</p>