

# Long Term Plan

## Year Overview

<b>Sport Faculty</b>	
<b>YEAR 11 Edexcel BTEC – Award in sport</b>	
<b>Unit 5 training for personal fitness (Autumn term)</b>	<b>Unit 6 Leading Sports Activities (Spring &amp; Summer terms)</b>
<p><b>Learning aim A: Design a personal fitness training programme</b></p> <p><b>Topic A.1</b> Personal information to aid training programme design</p> <p><b>Topic A.2</b> The basic principles of training (FITT)</p> <p><b>Topic A.3</b> Further principles of training and how they are applied to training methods</p> <p><b>Topic A.4</b> Programme design</p> <p><b>Learning aim B: Know about exercise adherence factors and strategies for continued training success</b></p> <p><b>Topic B.1 Factors:</b> Overcoming barriers, for example access to facilities, time, commitment, lack of interest, personal injury, emotional, motivation and cost.</p> <p><b>Topic B.2 Strategies:</b> For example, setting SMARTER targets</p> <p><b>Learning aim C: Implement a self-designed personal fitness training programme to achieve own goals and objectives</b></p> <p><b>Topic C.1</b> Safely implement a personal fitness training programme</p> <p><b>Topic C.2</b> Training diary for each session recording</p> <p><b>Learning aim D: Review a personal fitness training programme</b></p>	<p><b>Learning aim A: Know the attributes associated with successful sports Leadership</b></p> <p><b>Topic A.1</b> Sports leaders</p> <p><b>Topic A.2</b> Attributes</p> <p><b>Topic A.3</b> Responsibilities</p> <p><b>Learning aim B: Undertake the planning and leading of sports activities</b></p> <p><b>Topic B.1</b> Sports activities</p> <p><b>Topic B.2</b> Components of sports activity session</p> <p><b>Topic B.3</b> Plan</p> <p><b>Topic B.4</b> Lead</p> <p><b>Topic B.5</b> Measures of success</p> <p><b>Learning aim C: Review the planning and leading of sports activities</b></p>

**Topic C.1 Review**

**Topic C.2 Targets for development**