



Longfield Learning Journey



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| Year Group: 10 11 | Unit of work: Controlled Assessment | Term: 3.3 / 1.1 | | |
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| Skills: | Context: | R | A | G |
|---|--|----------|----------|----------|
| AO1 Knowledge and Understanding. | Definitions, facts and descriptions of topics. | | | |
| AO2 Apply your knowledge to specific sporting examples | Ensuring correct terminology is used when explaining the specific topics. Details of specific rules, skills, positions and tactics of the sport are evident. | | | |
| AO3 Evaluation, analysis and discuss | Being able to formulate an argument with valid points. Should be able to look at topics and look at multiple points of view. | | | |

| Content: | R | A | G |
|---|----------|----------|----------|
| 1. Define fitness strength 1, explain why it is needed and give two sporting performances where this was shown with impact. | | | |
| 2. Define fitness weakness 1, explain why it is needed and give two sporting performances where this wasn't shown with impact. | | | |
| 3. Define fitness strength 2, explain why it is needed and give two sporting performances where this was shown with impact. | | | |
| 4. Define fitness weakness 2, explain why it is needed and give two sporting performances where this wasn't shown with impact. | | | |
| 5. Define skill strength 1, explain why it is needed and give two sporting performances where this was shown with impact. | | | |
| 6. Define skill weakness 1, explain why it is needed and give two sporting performances where this wasn't shown with impact. | | | |
| 7. Explain the training method for one of your fitness weaknesses, give 3 strengths and 3 weakness' for the training method. | | | |
| 8. Explain the safety points to take into consideration when planning a session. | | | |
| 9. Explain what is meant by pulse raiser, stretches and the skill related part of a warm up – explain what you are going to do. | | | |
| 10. Plan the main part of your session giving detail of sets / reps / times / intensities | | | |
| 11. What are you going to do as a cool down? Why is it important? | | | |
| 12. How would you relate SPORT and FITT to a training programme? | | | |
| 13. How are you going to monitor improvement? Set SMART targets. | | | |
| 14. Addition theoretical content. | | | |