



Longfield Learning Journey



Year Group: 10	Unit of work: Applying Principles of Training	Term: 1:2-2.1
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Skills:	Context:	R	A	G
LO4: The programme should address their performance needs as established in Task 3. You then need to evaluate the programme, making recommendations for improvement where necessary.	Plan and deliver a 6 week training programme which progresses their weaknesses. Be able to evaluate the effectiveness of the training programme.			

Content:	Not attempted	1st Draft	Complete
Have you set your Goals and aims of the fitness programme?			
Have you wrote up your 6 week training programme? (must include 3 fitness suite sessions (minimum of 2 rest days).			
Have you discussed suitability of activities, organisation, adaptability and progression?			
Have you re-tested and wrote up your fitness test scores, comparing their to the baseline data?			
Have you reflected on your fitness programme, evaluating the strengths, weaknesses and future recommendations?			

What you know	What you need to know	How are you going to get there?