

## Teaching and Learning Content: PE

Year Group: 10

Spring Term – R181, Applying the principles of training: fitness and how it affects skill performance



MEADOW PARK  
SCHOOL

<b>Topics:</b> <ul style="list-style-type: none"><li>Principles of training in sport</li><li>Organising &amp; planning a fitness programme</li><li>Evaluate own performance</li></ul>	
<b>Key Questions:</b> <ul style="list-style-type: none"><li>Why should we consider the FITT principle?</li><li>What does SMART stand for?</li><li>Name a method of training, give an advantage and disadvantage of that method.</li><li>Describe the key difference between aerobic &amp; anaerobic exercise.</li></ul>	<b>Diagnosis</b> <ul style="list-style-type: none"><li>Ongoing throughout the lessons through discussions and sharing small pieces of written work.</li></ul>
	<b>Therapy</b> <ul style="list-style-type: none"><li>Misconceptions or errors to be rectified throughout prior to final write up.</li></ul>
<b>Students will:</b> <ul style="list-style-type: none"><li>Try their best in all lessons.</li><li>Take detailed notes about the relevant topic.</li><li>Follow exam protocol when working on their final piece of coursework in lessons.</li><li>Research, conduct and interpret data about the fitness tests and apply these to their chosen sport.</li></ul>	<b>Testing</b> <ul style="list-style-type: none"><li>Assessment is ongoing throughout the unit of work with final deadline in February.</li></ul>