**Colton Hills Community School medium term planning – Physical Education – Exercising Potential**

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| **Topic title:**  **Exploring different fitness training methods** | **Year: 10-BTEC Sport  Curiosity Term:** **Autumn 2** | **Why we teach this:** After students have understood the components of fitness, we look at how different training methods can be used to improve the fitness components. This information can be applied to those new to physical activity right through to elite athletes, this is important information for lifelong health and fitness. | | **Why we teach this here:** The knowledge of the fitness training methods at this point in the BTEC course is the next step after understanding the components of fitness. It allows students to see how fitness can be improved before we look at testing fitness in the next learning aim. | |
| **Big questions:**   1. What are the requirements when carrying out fitness training? 2. Explain the three types of flexibility training methods? 3. Explain the training methods that can be used to improve strength, muscular endurance, and power? 4. Explain the four training methods that can be used to improve aerobic endurance? 5. Explain the three training methods that can be used to improve speed? 6. Apply the principles of training to the training methods that we have covered? | | **Builds on previous topics:** Links to information that is covered in year 9 in fitness as part of core PE. As well as the fitness unit that students will study in year 10 as part of core PE. | | **Links to future topics:** It will allow students to gain an understanding of the fitness training methods, this information can be applied when assessing and developing their own fitness as part of the training programme design and implementation in Unit 3. | |
| **Key knowledge:**   * Aerobic endurance training methods * Speed training methods * Flexibility training methods * Strength, Muscular endurance and power training methods | |  | |
| **Skills developed:**   * Apply the knowledge of training methods to specific sports and individuals. * Develop a training session focused on a specific training method. | |
| **Mini/Interim assessments:**   * Retrieval quizzes each lesson on key knowledge. * Exam questions examples through each lesson. * Essay on applying training methods to a sporting example.   **End of unit assessment** – Task B assessment- exam questions at the end of the unit. | | **Independent study tasks/resources:**  Week 1 – Naming the 11 training methods.  Week 2 – Flexibility training methods.  Week 3 – Strength, Muscular endurance, and Power training methods.  Week 4 – Aerobic endurance training methods  Week 5 – Speed training methods  Week 6 – Applying training to sports/individuals.  Week 7-Revision for end of task B assessment. | **Key vocabulary 1:** Aerobic endurance  Muscular strength  Muscular endurance  Flexibility  Speed  Power  Circuit training  Continuous training  Fartlek training  Interval training  Plyometric training  Hollow sprints  Acceleration sprints  Static stretching  Ballistic stretching  Proprioceptive neuromuscular facilitation  Free weights | | **Key vocabulary 2:**  REP  1RM  Set  Passive stretching  Active stretching |
| **Cultural capital opportunities:**  Increasing students’ knowledge of sport through introducing to different sports through footage when applying the components of fitness. | | **Whole school Curricular Concept links:**  **Healthy living-**through this unit students will understand the different training methods that can be used to live a healthy lifestyle.  **Cultural Diversity**-through this unit students will be introduced to a range of unfamiliar sports and new athletes, that are associated with a range of cultures across the world. |