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| **10 Sport Science - Year 10 Medium Term Plan/SOW** | | | | | | **The Academy of St Francis of Assisi** | |
| **UNIT- R042** | **OCR Cambridge Nationals**  **Unit: Applying Principles of Training** | | | | | **Number of lessons in sequence** | **Applying the Principles of Training - 12 x 1-Hour Lesson** |
| **Curricular Goals**  (What do you intend students know about and be able to do by the end of the topic, or scheme of learning. Critical knowledge needed to inform later learning and wider contexts. | | **By the end of this unit students will:**  **Applying Principles of Training** - In the world of team and individual sport, it is vital that coaches keep their performers in peak condition. They do this by regularly monitoring them through fitness tests and by designing bespoke training programmes to suit the type of sport, performance schedule and the individual themselves. High quality training programmes apply principles of training to the requirements of the individual in their development and implementation. By completing this unit, learners will develop knowledge and understanding of the principles and methods of training and the application of these in the design of training programmes along with practical skills in fitness testing.  **Knowledge students will secure:** •SPOR Principle • FITTA • Aerobic and Anaerobic exercise • Components of fitness • Types of Training • Fitness Testing • Comparing Normative data • Training Programming  **Skills students will develop:** •Apply knowledge and understanding of different leadership roles • apply knowledge and understanding of different leadership responsibilities • apply knowledge and understanding of leadership qualities • Analyse and evaluate different leaders • Planning training programmes • Evaluating training programmes • Designing Training Programmes • Team building • Leadership • Teamwork • Organisation • Planning • Assessing Risks • Analysing leadership performance self and peer • Fitness Instructing | | **Links to National Curriculum**  **Links to & building upon prior learning Including KS2 if Yr7** | **KS4:**   * Evaluate their performances compared to previous ones and demonstrate improvement to achieve personal best. * Develop theoretical knowledge and understanding of the factors that underpin physical activity and sport and use this knowledge to improve performance * Continue to take part regularly in competitive sports and activities outside school through community links or sports clubs. * Sport Science OCR Nationals   **KS3 curriculum links**:   * Lead healthy, active lives. * Take part in competitive sports and activities outside school through community links or sports clubs. * Analyse their performances compared to previous ones and demonstrate improvement to achieve personal best. | | |
| **2/3 tier vocabulary** | | **Differentiation/Scaffolding/Support** | **Stretch and challenge opportunities in class, enrichment and home learning.** | **Opportunities for wider reading/Listening/watching.** | | | |
| Specificity; Progression; Overload; Reversibility; Moderation; Variance; Frequency; Intensity; Time; Type; Speed; Power; Flexibility; Reaction Time; Agility; Coordination; Strength; Endurance; Balance; Fartlek; HIIT; Interval; Plyometric; Circuit.  Applying Principles of Training – [Hyperlink for Knowledge Organiser here](file:///T:\P.E\CURRICULUM%20PLANNING\KNOWLEDGE%20ORGANISERS\SPORT%20SCIENCE\Applying%20Principals%20of%20Training\Prinicples%20of%20training%20and%20components%20of%20fitness.docx) | | **Knowledge support** – commonly identified difficulties  Support students in understanding the differences and links between responsibilities of a leader and personal qualities of a leader.  **Reading support -**Use the visualiser to read through as a class, ask students to identify any words they don’t know and discuss meanings as a class and annotate. This is good practice and should be done for all reading tasks.  **support** – Students knowledge booklet and task sheets to increase independence throughout the unit. Use the visualiser to model, share good practice to support students in developing confidence  **Skill** | **Opportunities for inclusion of challenging content –**   * Translated information and booklet for EAL students. * Extension tasks for higher ability students based on OCR Technical Level 2 Sport Studies/Sport Science   **Useful websites to stretch students:**   * **Incorporated onto PowerPoints** * **Shared on Social Media** * **Linked to home learning tasks via class charts.**   <https://thewfa.co.uk>  <https://www.scienceforsport.com/warm-ups/>  <https://www.sportenglandclubmatters.com/club-planning/governance/managing-risk-2/risk-assesment/> | **Read** – Teachers to select appropriate case studies to stretch high ability learners.  **[The One-Minute Workout: Science Shows a Way to Get Fit ...](https://books.google.co.uk/books?id=IDOxDAAAQBAJ&printsec=frontcover&dq=exercise+training+podcasts&hl=en&sa=X&ved=2ahUKEwi164qe2frrAhURmVwKHY5vCfkQ6AEwBnoECAgQAg)**  **Listen -** Select appropriate video tutorials from the Everlearner for students to listen to specific topic content.  **All about fitness**  **Watch** – Identify clips from YouTube linked to unit content  <https://www.youtube.com/watch?v=UXpJjSDhxZM>  <https://www.youtube.com/watch?v=1AZMiq6Mg-k>  <https://www.youtube.com/watch?v=9zUnnqkdJC0>  <https://www.youtube.com/watch?v=845dclupGl8>  <https://www.youtube.com/watch?v=3Ysbu24RVLA>  <https://www.youtube.com/watch?v=rqA4Vdd1bcc>  <https://www.youtube.com/watch?v=Zp1lV9EkNdw>  <https://www.youtube.com/watch?v=TJHV0XatgYw> | | | |

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| **Applying Principles of Training R042** | | | | | | | |
| **Applying the Principles of Training** | **Sequence of learning Lesson title, theme, big question.** | **Key Concepts/outcomes/knowledge and skills.** | **Assessment/ including specific content/ knowledge/skills tested.** | **HWK. To be in books clearly marked** | **Furthering Cultural Capital.**  **&/or** | **Recall of prior or future topics –** | **Lesson resources including hyperlink to supporting websites & individual lessons.** |
| **1** | **LO1 – What are the SPOR Principles?** | **Knowledge:** SPOR Principle  **Skill:** Apply knowledge and understanding  **Key vocab:** Specificity; Progression; Overload; Reversibility | DO NOW TASK – Key word sheet  **Student Booklet** [**here**](file:///T:\P.E\CURRICULUM%20PLANNING\OPTION%20LESSONS\Option%20Lessons\R042%20Applying%20Principles%20of%20Training\Unit%20R042%20-%20Workbook%20Linked%20to%20PP%20(Year%209%20foundation).docx) | HW 1 –  Complete SPOR Principle task | Knowledge organiser/ Thursday Catch Up/Fitness Club | Importance of SPOR principle | PowerPoint for booklet [here](file:///T:\P.E\CURRICULUM%20PLANNING\OPTION%20LESSONS\Option%20Lessons\R042%20Applying%20Principles%20of%20Training\LO1\Lesson%201%20&%202%20-%20Principles%20of%20training%20&%20FITTA)  **LO1 Resources** [**here**](file:///T:\P.E\CURRICULUM%20PLANNING\OPTION%20LESSONS\Option%20Lessons\R042%20Applying%20Principles%20of%20Training\LO1) |
| **2** | **LO1 - Why the SPOR Principle is important in exercise and sport** | **Knowledge:** Importance ofSPOR Principle  **Skill:** Apply knowledge and understanding  **Key vocab:** Specificity; Progression; Overload; Reversibility | DO NOW TASK – Recap Lesson 1  **Student Booklet** [**here**](file:///T:\P.E\CURRICULUM%20PLANNING\OPTION%20LESSONS\Option%20Lessons\R042%20Applying%20Principles%20of%20Training\Unit%20R042%20-%20Workbook%20Linked%20to%20PP%20(Year%209%20foundation).docx) | HW 2 –  Complete SPOR Principle task | Knowledge organiser/ Thursday Catch Up/Fitness Club | FITTA Principle | PowerPoint for booklet [here](file:///T:\P.E\CURRICULUM%20PLANNING\OPTION%20LESSONS\Option%20Lessons\R042%20Applying%20Principles%20of%20Training\LO1\Lesson%201%20&%202%20-%20Principles%20of%20training%20&%20FITTA)  **LO1 Resources** [**here**](file:///T:\P.E\CURRICULUM%20PLANNING\OPTION%20LESSONS\Option%20Lessons\R042%20Applying%20Principles%20of%20Training\LO1) |
| **3** | **LO1 – What is the FITTA Principle?** | **Knowledge:** FITTA principle  **Skill** – Apply Knowledge and Understanding  **Key vocab –** Frequency; Intensity; Time; Type; | DO NOW TASK recap lesson 1-2  **Student Booklet** [**here**](file:///T:\P.E\CURRICULUM%20PLANNING\OPTION%20LESSONS\Option%20Lessons\R042%20Applying%20Principles%20of%20Training\Unit%20R042%20-%20Workbook%20Linked%20to%20PP%20(Year%209%20foundation).docx) | HW 3 –  Recap SPOR and FITTA for task | Knowledge organiser/ Thursday Catch Up/Fitness Club | LO1 Computer Task | PowerPoint for booklet [here](file:///T:\P.E\CURRICULUM%20PLANNING\OPTION%20LESSONS\Option%20Lessons\R042%20Applying%20Principles%20of%20Training\LO1\Lesson%201%20&%202%20-%20Principles%20of%20training%20&%20FITTA)  **LO1 Resources** [**here**](file:///T:\P.E\CURRICULUM%20PLANNING\OPTION%20LESSONS\Option%20Lessons\R042%20Applying%20Principles%20of%20Training\LO1) |
| **4** | **LO1 ASSESSMENT Task** | **Knowledge:** SPOR Principle; FITTA principle  **Skill** – Analyse and Evaluate.  **Key vocab –** Specificity; Progression; Overload; Reversibility; Frequency; Intensity; Time; Type; | LO1 Task sheet [here](file:///T:\P.E\CURRICULUM%20PLANNING\OPTION%20LESSONS\Option%20Lessons\R042%20Applying%20Principles%20of%20Training\LO1\Learning%20Outcome%201%20task%20sheet.docx) | HW 4 –  Research aerobic and anaerobic exercise | Knowledge organiser/ Thursday Catch Up/Fitness Club | Aerobic and Anaerobic Exercise | Model Tasks [here](file:///W:\PE%20Work\OCR%20NATIONAL%20SPORT%20SCIENCE\ARCHIVE\YEAR%2011%2019-20\R042%20-%20Applying%20Principles%20of%20Training) |
| **5** | **LO1 ASSESSMENT Task** | **Knowledge:** SPOR Principle; FITTA principle  **Skill** – Analyse and Evaluate.  **Key vocab –** Specificity; Progression; Overload; Reversibility; Frequency; Intensity; Time; Type; | LO1 Task sheet [here](file:///T:\P.E\CURRICULUM%20PLANNING\OPTION%20LESSONS\Option%20Lessons\R042%20Applying%20Principles%20of%20Training\LO1\Learning%20Outcome%201%20task%20sheet.docx) | HW 4 –  Research aerobic and anaerobic exercise | Knowledge organiser/ Thursday Catch Up/Fitness Club | Aerobic and Anaerobic Exercise | Model Tasks [here](file:///W:\PE%20Work\OCR%20NATIONAL%20SPORT%20SCIENCE\ARCHIVE\YEAR%2011%2019-20\R042%20-%20Applying%20Principles%20of%20Training) |
| **6** | **LO1 ASSESSMENT Task** | **Knowledge:** SPOR Principle; FITTA principle  **Skill** – Analyse and Evaluate.  **Key vocab –** Specificity; Progression; Overload; Reversibility; Frequency; Intensity; Time; Type; | LO1 Task sheet [here](file:///T:\P.E\CURRICULUM%20PLANNING\OPTION%20LESSONS\Option%20Lessons\R042%20Applying%20Principles%20of%20Training\LO1\Learning%20Outcome%201%20task%20sheet.docx) | HW 4 –  Research aerobic and anaerobic exercise | Knowledge organiser/ Thursday Catch Up/Fitness Club | Aerobic and Anaerobic Exercise | Model Tasks [here](file:///W:\PE%20Work\OCR%20NATIONAL%20SPORT%20SCIENCE\ARCHIVE\YEAR%2011%2019-20\R042%20-%20Applying%20Principles%20of%20Training) |
| **7** | **LO1 ASSESSMENT Task** | **Knowledge:** SPOR Principle; FITTA principle  **Skill** – Analyse and Evaluate.  **Key vocab –** Specificity; Progression; Overload; Reversibility; Frequency; Intensity; Time; Type; | LO1 Task sheet [here](file:///T:\P.E\CURRICULUM%20PLANNING\OPTION%20LESSONS\Option%20Lessons\R042%20Applying%20Principles%20of%20Training\LO1\Learning%20Outcome%201%20task%20sheet.docx) | HW 4 –  Research aerobic and anaerobic exercise | Knowledge organiser/ Thursday Catch Up/Fitness Club | Aerobic and Anaerobic Exercise | Model Tasks [here](file:///W:\PE%20Work\OCR%20NATIONAL%20SPORT%20SCIENCE\ARCHIVE\YEAR%2011%2019-20\R042%20-%20Applying%20Principles%20of%20Training) |
| **8** | **LO2 – Aerobic and Anaerobic Exercise** | **Knowledge:** Aerobic and Anaerobic Exercise  **Skill** – Compare and Contrast  **Key vocab –** Aerobic; Anaerobic | DO NOW TASK recap lesson 1-4  **Student Booklet** [**here**](file:///T:\P.E\CURRICULUM%20PLANNING\OPTION%20LESSONS\Option%20Lessons\R042%20Applying%20Principles%20of%20Training\Unit%20R042%20-%20Workbook%20Linked%20to%20PP%20(Year%209%20foundation).docx) | HW 5 –  Research components of fitness | Knowledge organiser/ Thursday Catch Up/Fitness Club | Components of fitness | PowerPoint for booklet [here](file:///T:\P.E\CURRICULUM%20PLANNING\OPTION%20LESSONS\Option%20Lessons\R042%20Applying%20Principles%20of%20Training\LO2\Lesson%201%20&%202%20-%20Aerobic%20and%20anaerobic%20and%20fitness%20components%20-%20Theory)  **LO2 Resources** [**here**](file:///T:\P.E\CURRICULUM%20PLANNING\OPTION%20LESSONS\Option%20Lessons\R042%20Applying%20Principles%20of%20Training\LO2) |
| **9** | **LO2 – Components of fitness** | **Knowledge:** Components of fitness  **Skill** – Apply Knowledge and Understanding.  **Key vocab –** Agility; Balance; Coordination; Power; Speed; Reaction time; Strength; Flexibility; Endurance | DO NOW TASK recap lesson 1-5  **Student Booklet** [**here**](file:///T:\P.E\CURRICULUM%20PLANNING\OPTION%20LESSONS\Option%20Lessons\R042%20Applying%20Principles%20of%20Training\Unit%20R042%20-%20Workbook%20Linked%20to%20PP%20(Year%209%20foundation).docx) | HW 6 –  Research Types of Training | Knowledge organiser/ Thursday Catch Up/Fitness Club | Types of Training | PowerPoint for booklet [here](file:///T:\P.E\CURRICULUM%20PLANNING\OPTION%20LESSONS\Option%20Lessons\R042%20Applying%20Principles%20of%20Training\LO2\Lesson%203%20&%204%20-%20Components%20of%20Fitness)  **LO2 Resources** [**here**](file:///T:\P.E\CURRICULUM%20PLANNING\OPTION%20LESSONS\Option%20Lessons\R042%20Applying%20Principles%20of%20Training\LO2) |
| **10** | **LO2 – Types of Training** | **Knowledge:** Types of Training  **Skill** – Apply Knowledge and Understanding.  **Key vocab –** Fartlek; Interval; Weight; Continuous; HIIT; Plyometric; Circuit | DO NOW TASK recap lesson 1-6  **Student Booklet** [**here**](file:///T:\P.E\CURRICULUM%20PLANNING\OPTION%20LESSONS\Option%20Lessons\R042%20Applying%20Principles%20of%20Training\Unit%20R042%20-%20Workbook%20Linked%20to%20PP%20(Year%209%20foundation).docx) | HW 7 –  Recap LO2 for computer task | Knowledge organiser/ Thursday Catch Up/Fitness Club | LO2 task | PowerPoint for booklet [here](file:///T:\P.E\CURRICULUM%20PLANNING\OPTION%20LESSONS\Option%20Lessons\R042%20Applying%20Principles%20of%20Training\LO2\Lesson%205%20-%20Practical%20-%20cardiovascular_%20resistance%20and%20power%20training)  **LO2 Resources** [**here**](file:///T:\P.E\CURRICULUM%20PLANNING\OPTION%20LESSONS\Option%20Lessons\R042%20Applying%20Principles%20of%20Training\LO2) |
| **11** | **LO2 Computer Task** | **Knowledge:** Aerobic and Anaerobic Exercise**;** Components of fitness**;** Types of Training  **Skill** – Analyse and Evaluate.  **Key vocab –** Aerobic; Anaerobic; Agility; Balance; Coordination; Power; Speed; Reaction time; Strength; Flexibility; Endurance; Fartlek; Interval; Weight; Continuous; HIIT; Plyometric; Circuit | LO2 Task Sheet [here](file:///T:\P.E\CURRICULUM%20PLANNING\OPTION%20LESSONS\Option%20Lessons\R042%20Applying%20Principles%20of%20Training\LO2\Learning%20Outcome%202%20task%20sheet.docx) | HW 8 – Research different methods of fitness testing. | Knowledge organiser/ Thursday Catch Up/Fitness Club | Methods of Fitness Testing | Model Tasks [here](file:///W:\PE%20Work\OCR%20NATIONAL%20SPORT%20SCIENCE\ARCHIVE\YEAR%2011%2019-20\R042%20-%20Applying%20Principles%20of%20Training) |
| **12** | **LO2 Computer Task** | **Knowledge:** Aerobic and Anaerobic Exercise**;** Components of fitness**;** Types of Training  **Skill** – Analyse and Evaluate.  **Key vocab –** Aerobic; Anaerobic; Agility; Balance; Coordination; Power; Speed; Reaction time; Strength; Flexibility; Endurance; Fartlek; Interval; Weight; Continuous; HIIT; Plyometric; Circuit | LO2 Task Sheet [here](file:///T:\P.E\CURRICULUM%20PLANNING\OPTION%20LESSONS\Option%20Lessons\R042%20Applying%20Principles%20of%20Training\LO2\Learning%20Outcome%202%20task%20sheet.docx) | HW 8 – Research different methods of fitness testing. | Knowledge organiser/ Thursday Catch Up/Fitness Club | Methods of Fitness Testing | Model Tasks [here](file:///W:\PE%20Work\OCR%20NATIONAL%20SPORT%20SCIENCE\ARCHIVE\YEAR%2011%2019-20\R042%20-%20Applying%20Principles%20of%20Training) |
| **13** | **LO2 Computer Task** | **Knowledge:** Aerobic and Anaerobic Exercise**;** Components of fitness**;** Types of Training  **Skill** – Analyse and Evaluate.  **Key vocab –** Aerobic; Anaerobic; Agility; Balance; Coordination; Power; Speed; Reaction time; Strength; Flexibility; Endurance; Fartlek; Interval; Weight; Continuous; HIIT; Plyometric; Circuit | LO2 Task Sheet [here](file:///T:\P.E\CURRICULUM%20PLANNING\OPTION%20LESSONS\Option%20Lessons\R042%20Applying%20Principles%20of%20Training\LO2\Learning%20Outcome%202%20task%20sheet.docx) | HW 8 – Research different methods of fitness testing. | Knowledge organiser/ Thursday Catch Up/Fitness Club | Methods of Fitness Testing | Model Tasks [here](file:///W:\PE%20Work\OCR%20NATIONAL%20SPORT%20SCIENCE\ARCHIVE\YEAR%2011%2019-20\R042%20-%20Applying%20Principles%20of%20Training) |
| **14** | **LO3 Methods of Fitness Testing** | **Knowledge:** Fitness Testing  **Skill** – Apply Knowledge and Understanding.  **Key vocab –** Illinois agility; standing stork; hand grip; cooper run; sprint; standing broad; ruler drop. | **Student Booklet** [**here**](file:///T:\P.E\CURRICULUM%20PLANNING\OPTION%20LESSONS\Option%20Lessons\R042%20Applying%20Principles%20of%20Training\LO3\Work%20Booklet%20for%20students%20to%20complete.docx) | HW 9 –  Recap LO3 for computer task | Knowledge organiser/ Thursday Catch Up/Fitness Club | LO3 task | **LO3 Resources** [**here**](file:///T:\P.E\CURRICULUM%20PLANNING\OPTION%20LESSONS\Option%20Lessons\R042%20Applying%20Principles%20of%20Training\LO3) |
| **15** | **LO3 Computer Task** | **Knowledge:** Fitness Testing  **Skill** – Apply Knowledge and Understanding.  **Key vocab –** Illinois agility; standing stork; hand grip; cooper run; sprint; standing broad; ruler drop. | LO3 Task Sheet here | HW 10 – Research training programmes for athletes | Knowledge organiser/ Thursday Catch Up/Fitness Club | Training Programming | Model Tasks [here](file:///W:\PE%20Work\OCR%20NATIONAL%20SPORT%20SCIENCE\ARCHIVE\YEAR%2011%2019-20\R042%20-%20Applying%20Principles%20of%20Training) |
| **16** | **LO4 Planning training Programmes** | **Knowledge:** Training Programming  **Skill** – Analyse and Evaluate.  **Key vocab -** Training Programming. | **Student Booklet** [**here**](file:///T:\P.E\CURRICULUM%20PLANNING\OPTION%20LESSONS\Option%20Lessons\R042%20Applying%20Principles%20of%20Training\LO4\Developing%20a%20Fitness%20Training%20Programme%20-%20Work%20Booklet%20(links%20with%20PP).docx) |  | Knowledge organiser/ Thursday Catch Up/Fitness Club | Designing Training Programmes | PowerPoint for booklet [here](file:///T:\P.E\CURRICULUM%20PLANNING\OPTION%20LESSONS\Option%20Lessons\R042%20Applying%20Principles%20of%20Training\LO4\Developing%20a%20Fitness%20Training%20Programme%20-%20All%20Lessons%20PP.pptx)  **LO4 Resources** [**here**](file:///T:\P.E\CURRICULUM%20PLANNING\OPTION%20LESSONS\Option%20Lessons\R042%20Applying%20Principles%20of%20Training\LO4) |
| **17** | **LO4 Designing 6-week training Programmes** | **Knowledge:** Training Programming  **Skill** – Apply Knowledge and Understanding.  **Key vocab -** Training Programming. | Programme Support Resource [here](file:///T:\P.E\CURRICULUM%20PLANNING\OPTION%20LESSONS\Option%20Lessons\R042%20Applying%20Principles%20of%20Training\LO4\Assessment%20-%20Support%20Resource.docx) |  | Knowledge organiser/ Thursday Catch Up/Fitness Club |  | Model Tasks [here](file:///W:\PE%20Work\OCR%20NATIONAL%20SPORT%20SCIENCE\ARCHIVE\YEAR%2011%2019-20\R042%20-%20Applying%20Principles%20of%20Training)  **LO4 Resources** [**here**](file:///T:\P.E\CURRICULUM%20PLANNING\OPTION%20LESSONS\Option%20Lessons\R042%20Applying%20Principles%20of%20Training\LO4) |
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