

Unit 1 Overview- PE BTEC YEAR 10 Fitness and Testing: (exam)

You will learn about: Relating theory content to practical exercise and activity and be able to link the two together in order to answer examination questions. You will be able to understand how to sustain an active and healthy life and be able to relate this to your own practical performance during practical lessons.

You will be able to:

- Demonstrate knowledge and understanding of factors that underpin performance and involvement in physical activity and sport
- Apply knowledge and understanding of factors that underpin performance and involvement in physical activity and sport
- Analyse and justify factors that underpin performance and involvement in physical activity and sport

<p>Lesson Overview</p> <ul style="list-style-type: none"> - Components of physical and skill related fitness - Exercise intensity - Principles of training and additional principles of training - Warm up and cool down - Fitness testing methods for components of fitness - Types of training - Importance of testing and requirements for administrating testing - Interpretation of results 	<p>Key Words</p> <p>Aerobic/Cardiovascular – the efficiency of the body to supply nutrients and oxygen to working muscles</p> <p>Anaerobic – without Oxygen</p> <p>Body composition – the fat mass to fat free mass in the body (shape and size).</p> <p>Co-ordination - the ability to link body parts together to perform movement efficiently and accurately.</p> <p>Intensity – How Hard you work during exercise.</p> <p>Heart rate – the amount your heart beats per minute.</p> <p>Perceived – How hard I think I am working.</p> <p>Adaption – how your body responds after exercise.</p> <p>Variation – changing activities to make them fun, interesting and motivated to do them.</p> <p>Plyometric – specific power and strength exercises</p> <p>Repetitions - The number of times you perform a specific exercise during a set.</p> <p>Reliability - the extent to which a test is repeatable</p> <p>Validity - the extent to which a test measures what it is supposed to be measuring</p> <p>Practicality - the extent to which it is possible to carry out a test.</p>														
<table border="1"> <tr> <td>Research</td> <td></td> </tr> <tr> <td>Note-making</td> <td></td> </tr> <tr> <td>Group work & discussion</td> <td></td> </tr> <tr> <td>Memorisation</td> <td></td> </tr> <tr> <td>Precision & accuracy</td> <td></td> </tr> <tr> <td>Independence</td> <td></td> </tr> <tr> <td>Reflection</td> <td></td> </tr> </table>	Research		Note-making		Group work & discussion		Memorisation		Precision & accuracy		Independence		Reflection		<p>Suggested reading or support available</p> <p>Student shared area – PE – BTEC – Exam revision booklet for exam</p> <p>Cross curricular SMSC: Cultural aspect of different sports Working together Respecting other views Olympic Values Etiquette</p> <p>Literacy: Key Words Giving Feedback to others</p> <p>Numeracy: Measurements, distances, times, bearing</p>
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