

Year 11 - BTEC First award in Sport

Target overall grade for Year 11 is:

In Year 11 students complete 2 units of work, 3 assignments for Unit 6 Leadership and 4 assignments for Unit 3 Applying the Principles of Personal Training.

By the end of Year **11** in **PE** we expect students to be able to:

- Be able to identify good leaders and the attributes and responsibilities needed to be an effective leader. Plan and deliver leadership sessions to pupils and evaluate your performance in these sessions.
- Be able to design and demonstrate a healthy and active lifestyles assignment which contains, creating a 6-week workout, performing the workout, identifying barriers to exercise, identify the musculoskeletal system and cardiorespiratory system and the effects on the body during fitness training a training diary, linking workouts to components of fitness, fitness testing, goal setting, evaluating their 6-week plan.

		Working Towards Target	At Expected Target	Above Expected Target	Grade
UNIT 6 Leadership	Attributes of a good leader				
	Plan and deliver a practical session				
	Evaluation of Leadership session				
Overall unit performance					
FFL:	Meeting behaviour for learning standards	Actively engaged in the learning	Regularly complete HWK to a high standard	Completing CWK to a high standard?	Is a resilient learner 'Doesn't give up easily'
Achieved:					

		Working Towards Target	At Expected Target	Above Expected Target	Grade
Unit 3 Applying the Principles of Personal Training	Training Programme Design				
	The Body Systems and How They Respond to Fitness Training				
	My Training Diary				
	Programme Review				
Overall unit performance					
FFL:	Meeting behaviour for learning standards	Actively engaged in the learning	Regularly complete HWK to a high standard	Completing CWK to a high standard?	Is a resilient learner 'Doesn't give up easily'
Achieved:					