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| **GCSE PE Unit 2**  **Physical Training** | **Unit Navigator** | | | | | |
| In this unit you will investigate training. The aims are as follows:  **LG1**: Knowledge  **LG2**: Application  **LG3**: Skills | Assessment Grades |  |  | | | |
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| **Lesson Title.** | **Learning Goals/Outcomes/Content** | | |  |  |  |
| 1.  **Relationship between Health and Fitness** | LG1 - To know the definitions of health and fitness  LG 1 - To know the impact of health and fitness on performance. | | |  |  |  |
| 2.  **Components of Fitness** | LG1 - To know the components of fitness and why each is important in sport  LG2 – To be able to apply each COF to a sport and give reasons WHY that COF is relevant in that activity | | |  |  |  |
| **3.**  **Fitness Testing** | LG1 - To know the reasons for fitness testing and the issues associated with it | | |  |  |  |
| 4.  **Fitness Testing…2** | LG1 - To know the individual testing protocols for the components of fitness.  LG2 - To be able to apply knowledge of the test to carry out each of the 10 fitness tests | | |  |  |  |
| **5.**  **Interpreting fitness test results** | LG1 - To know how to interpret data relating to fitness tests and analyse against normative values.  LG2 – To be able to apply test results to suggest appropriate sports  LG1 - To know the differences between quantitative and qualitative data collections | | |  |  |  |
| **6.**  **Training and Principles of Training** | LG1 - To know what training is and why it is done  LG1 - To know the principles of training that a performer should use to increase fitness.  LG2 – To be able to apply the POT to design a 6 week training programme for a performer | | |  |  |  |
| **7.**  **Types of Training** | LG1 - To know the different types of training and their effects. | | |  |  |  |
| **8.**  **How to optimise Training** | LG1 - To be know how training can be measured | | |  |  |  |
| **9.**  **How to prevent injury** | LG1 - To know how injury can be prevented. | | |  |  |  |
| 10.  **Other training factors** | LG1 - To know what altitude training is  LG1 - To know the 3 seasons of an elite performers training year.  LG2 – To be able to apply how the phases of a training year can assist a sportsperson in a named sport | | |  |  |  |
| 11.  **Effective use of warm up and cool down** | LG1 - To know the purpose of a warm up and cool down.  LG2 - To be able to apply suitable warm up and cool downs to specific practical activities | | |  |  |  |
| 12.  **Test Preparation / Revision** | LG2 – To be able to apply knowledge gained over unit to practice exam style questions | | |  |  |  |
| 13.  **TEST COMPLETION** | LG3 – To demonstrate understanding of topics taught in this unit to complete an end of unit test | | |  |  |  |
| 14.  **TEST REVIEW** | LG3 – To skilfully evaluate the unit covered and identify areas of strength/weakness | | |  |  |  |

**Links:**

LG1: Basic knowledge of health, fitness and training reinforce knowledge within other topics such as the cardiorespiratory system.

LG2: Application is a vital skill at GCSE, but also in understanding how the health, fitness and training affect overall day to day tasks

LG3: Revision and analysis skills are crucial for pupils to be able to identify errors and learn from mistake to ensure a stronger future grade