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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 fitnessLG 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 sportLG2 – 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 sportsLG1 - 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 doneLG1 - 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 isLG1 - 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