**2018 – 2019 : Term 2**

**Department: Year 12 BTEC Sport**

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| **January - February** | **February - April** |
| Unit 2 – Fitness training and programming for health, sport and well-being (Exam)Unit 1 – Anatomy and Physiology (Exam re-sit)Unit 5 – Application of fitness testing (CW) | Unit 5 – Application of Fitness Testing |
| **Week 1:** Prepare own notes for case study exam including structures to answer questions.  | **Week 1:** Analyse own administration of selected fitness tests against practicality, suitability and ethical guidelines justifying suggestions for improvement. (Write up of assignment – LA B) |
| **Week 2:**Revise thoroughly for Unit 2 exam and practice different exam questions. | **Week 2:**Analyse own administration of selected fitness tests against practicality, suitability and ethical guidelines justifying suggestions for improvement. (Write up of assignment – LA B) |
| **Week 3:**Revise thoroughly for Unit 1 re-sit exam and practice different exam questions, specifically on topics you are struggling with.  | **Week 3:**Analyse own administration of selected fitness tests against practicality, suitability and ethical guidelines justifying suggestions for improvement. (Write up of assignment – LA B) |
| **Week 4:**Revise thoroughly for Unit 1 re-sit exam and practice different exam questions, specifically on topics you are struggling with. | **Week 4:**Create a fitness profile for a selected sports performer following fitness testing, providing feedback to the performer on their fitness test results and how they can impact on sporting performance. |
| **Week 5:** Write up own notes on validity, reliability, practically and ethical considerations of fitness testing.  | **Week 5:** Justify the fitness profile for a selected sports performer including identified areas for improvement related to their selected sport. |
| **Week 6:**Complete Unit 5 – Learning Aim A (Understand the principles of fitness testing). | **Week 6:**Write up own notes of effective methods used to test components of fitness. |
| **Week 7:** Develop a presentation to assess the practicality and suitability of each selected fitness test for a selected performer. | **Week 7:** Evaluate the effectiveness of methods used to test the components of fitness and provide feedback to sports performers. (Write up of assignment – LA C). |