

Physical Education Year 10 AQA Cycle 4 : Physical training Students will develop knowledge and understanding of the components of fitness, principles of training and different training methods in order to plan, carry out, monitor and evaluate personal exercise and training programmes.		Name:	Target Grade
Learners will be expected to know and understand: 3.1.3.1 The relationship between health and fitness and the role that exercise plays in both: Health and fitness <input type="checkbox"/> Definitions of health and fitness. <input type="checkbox"/> The relationship between health and fitness 3.1.3.2 The components of fitness, benefits for sport and how fitness is measured and improved: Components of fitness <input type="checkbox"/> Definitions of the following components of fitness: • agility • balance • cardiovascular endurance (aerobic power) • coordination • flexibility • muscular endurance • power/explosive strength (anaerobic power) • reaction time • strength (maximal, static, dynamic and explosive) • speed. <input type="checkbox"/> Linking sports and physical activity to the required components of fitness Fitness testing <input type="checkbox"/> Reasons for fitness testing: • to identify strengths and/or weaknesses in a performance/the success of a training programme • to monitor improvement • to show a starting level of fitness • to inform training requirements • to compare against norms of the group/ national averages • to motivate/set goals • to provide variety in a training programme. Reasons for and limitations of fitness testing <input type="checkbox"/> Limitations of fitness testing: • tests are often not sport specific/too general • they do not replicate movements of activity • they do not replicate competitive conditions required in sports • many do not use direct measuring/submaximal – therefore inaccurate/some need motivation/some have questionable reliability • they must be carried out with the correct procedures to increase validity. Fitness tests <input type="checkbox"/> Knowledge of the main procedures of the tests used to measure the following components of fitness: • agility – Illinois Agility Test • balance – Stork Stand Test • cardiovascular endurance (aerobic power) – Multi Stage Fitness Test • coordination – Wall Toss Test • flexibility – Sit and Reach Test • muscular endurance – Sit-Up Bleep Test • power/explosive strength (anaerobic power) – Vertical Jump Test • reaction time – Ruler Drop Test • maximal strength – One Rep Max Test • speed – 30 Metre Sprint Test • strength – Handgrip Dynamometer Test.		Grade currently working at: _____ SBE / BE / E / AE / SBE	
		8-9 I can analyse the relationship between health and fitness I can analyse the benefit of the components of the components of fitness for different sports and physical activities I can analyse the relationship between each fitness test to the appropriate component of fitness I can analyse the limitation of each fitness test I can analyse the reason for fitness testing	
		6-7 I can explain the relationship between health and fitness I can explaining the benefit of the components of the components of fitness for different sports and physical activities I can explain the relationship between each fitness test to the appropriate component of fitness I can explain the limitation of each fitness test I can explain the reason for fitness testing	
		4-5 I can define health and fitness I can identify and define the components of fitness I can identify some of the reasons for fitness testing I can identify some of the limitations of fitness testing	
<input type="checkbox"/> Key Words: Health, fitness, agility, balance, cardiovascular endurance (aerobic power), coordination, flexibility, muscular endurance, power/explosive strength (anaerobic power), reaction time, strength (maximal, static, dynamic and explosive), speed, Illinois Agility Test, Stork Stand Test, Multi Stage Fitness Test, Wall Toss Test, Sit and Reach Test, Vertical Jump Test, Ruler Drop Test, One Rep Max Test, 30 Metre Sprint Test and Handgrip Dynamometer Test	Numeracy : Time keeping for fitness test	Careers: personal trainer, sports coach, strength and conditioning coach, PE teacher	
End Cycle Assessment Student will complete an end of cycle exam on fitness training.		Exam Technique RDPA- Read, Decode, Plan, Answer PEE- Point-explanation-Evidence	
What Went Well (WWW):		Even Better If (EBI):	
Teacher's Comment:			