



HALF TERM 2 NOV - DEC	Teacher A Lesson 1-12	Teacher B Lesson 1-12	Teacher C Lesson 1-12
<b>TOPIC (S)</b>	<b>Objective:</b> Creating a lifestyle questionnaire Creating a PAR-Q Creating consent forms for 6 tests Understanding fitness testing sequencing Conducting health monitoring tests Carrying out risk assessments	<b>Objective:</b> Creating a fitness profile for a selected individual following fitness testing. Assessing the strengths and areas for improvement from fitness test results Provide feedback for a sports performer Justify the fitness profile including identified areas for improvement related to their sport	<b>Objective:</b> Analyse administration of fitness tests against practicality, suitability and ethical guidelines. Assess the practicality and suitability of fitness tests Suggest areas for improvement in the administration process of fitness tests based on test results.
<b>Knowledge &amp; Skills development</b>	Pupils will be able to create a lifestyle questionnaire, PAR-Q, consent forms and risk assessments. Pupils will understand the correct sequencing for fitness testing. Pupils will be able to create a fitness profile for their client. They will be able to assess strengths and areas for improvement as well as suggestions for future improvement. Pupils will be able to analyse the administrative process they have experienced as fitness testers.		
<b>Assessment / Feedback Opportunities</b>	Teacher leads discussions on topic and meets BTEC criteria. Tasks set to allow feedback. Students then set official Assignment Brief.		
<b>Cultural Capital</b>	Link between fitness and lifelong health Understanding the fitness opportunities in the local community Appreciation of the role of fitness instructor		
<b>SMSC / Promoting British Values (Democracy, Liberty, Rule of Law, Tolerance &amp; Respect)</b>	Listening to others Responding suitable in discussions Taking part in group activities Working closely with a partner		
<b>Reading opportunities</b>	BTEC National Sport student Book 1		
<b>Key Vocabulary</b>	Validity protocol Benchmarking Calibration conditions appropriate Reliability method calibration Role prepare consult client needs check	Practicality ethical Suitability pre test	Physical fitness Skill related fitness Rating
<b>Digital Literacy</b>	Research on relevant websites Eg Brianmac. Reference to videos		
<b>Careers</b>	Fitness instructor. Personal coach, Personal Trainer		