



HALF TERM 1 SEPT - OCT	Teacher A Lesson 1-14	Teacher B Lesson 1-7	Teacher C Lesson 1-14
TOPIC (S) UNIT 2 Fitness Training for Health, Sport and Well-being Externally assessed Unit	Objective: Examine lifestyle factors and their effect on health and well-being Understand what lifestyle factors are; exercise, diet, alcohol, smoking, sleep and stress Be able to identify strengths and weaknesses in an individual's lifestyle Be able to make comparisons to Government recommendations To be able to accurately use health screening data To understand health issues associated with lifestyle factors To be able to suggest appropriate lifestyle modifications To recognise barriers to change in lifestyle To prioritise lifestyle modifications for a specific individual	Objective: Understand programme-related nutritional needs Understand the components of a balanced diet – macronutrients (carbohydrate, protein, fat) micronutrients (vitamins and minerals) Understand hydration, dehydration and hyperhydration. Understand nutritional strategies for individuals taking part in training programmes. –adapting diet to lose weight, using ergogenic aids in training programmes To be able to analyse a specific individual's diet	Objective: Examine training methods for different components of fitness To understand the different training methods used to improve different components of fitness: Aerobic endurance Muscular strength Muscular endurance Flexibility Speed Agility Balance Coordination Reaction time Power Pupils will learn how to design weeks 1 and weeks 6 of a 6 week training programme
Knowledge & Skills development	Be able to demonstrate knowledge and understanding of the effects of lifestyle choices on an individual's health and well-being Be able to apply knowledge and understanding of fitness principles and theory, lifestyle modification techniques, nutritional requirements and training methods to an individual's needs and goals. Be able to analyse and interpret screening information relating to an individual's lifestyle questionnaire and health monitoring tests Be able to evaluate qualitative and quantitative evidence to make informed judgements about how an individual's health and well-being could be improved Be able to analyse an individual's diet Be able to develop a fitness training programme with appropriate justification.		
Assessment / Feedback Opportunities	Student – self-assessment and peer assessment of specific tasks. Effective use of purple and red books. Teacher – verbal and written feedback Teacher – summative assessment External Examination		
Cultural Capital			
SMSC / Promoting British Values (Democracy, Liberty, Rule of Law, Tolerance & Respect)	Listening to others Responding suitable in discussions Taking part in group activities Highlight appropriate opportunities to develop understanding of lifestyle factors		

Reading opportunities	BTEC National Sport student Book 1 Unit 2
Key Vocabulary	Analyse, Assess, Compare, Create/construct, Discuss, Demonstrate, Evaluate, Examine, Explore, Identify, Interpret, Investigate, Justify, Manage, Report, Research, Review, Stage, Manage, Undertake.
Digital Literacy	www.eis2win.co.uk www.uksca.org.uk www.bases.org.uk www.nhs.uk/livewell
Careers	Fitness instructor. Personal coach, Personal Trainer