



HALF TERM 2 NOV-DEC	AS Lesson 1-14	MC Lesson 1-7	NL 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 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 To prepare pupils for external examination in January through experience of past paper scenarios. Specific focus on Questions 1 and 2	Objective: Understand programme-related nutritional needs To be able to apply knowledge and understanding of nutritional needs to specific scenarios 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 prepare pupils for external examination in January through experience of past paper scenarios. Specific focus on Question 3	Objective: To understand training programme design Pupils will explore the principles of fitness training focussing on an understanding of SMARTER targets, FITT principles and SPORRAVI. They will learn about periodization- macrocycles, mesocycles and microcycles. To prepare pupils for external examination in January through experience of past paper scenarios. Specific focus on Questions 4 and 5
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 develop a fitness training programme with appropriate justification.		
Assessment / Feedback Opportunities	Student – exam style written tasks Teacher – verbal and written feedback Teacher – summative assessment –Internal assessment and moderation. 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
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