**Shadow Curriculum Work Set for Y11 BTEC Sport Pupils**

**Set Date: Monday 8th March**

**Due Date: Tuesday 30th March**

**Unit 3 – Training Programme Design, Performance, Monitoring of Results and Review**

**The Planning stage (Assignment 1) - The evidence submitted for learning aim A must include:**

● Personal information including a medical history questionnaire.

● Personal goals which are set over a short, medium and long term (SMARTER). Specific / Measurable / Achievable / Realistic / Time Scale / Exciting (motivate) / Recorded (results achieved)

● The targets / aim for the programme must link to at least one component of fitness. You should draw on Unit 2: Practical Performance in Sport to set appropriate goals for a chosen activity/sport.

● Motivation and how this can be maintained through the fitness training programme.

● A training programme that incorporates one method of training and the FITT principles (frequency, intensity, time and type). Draw on your learning from Unit 1 Fitness for Sport and Exercise.

● The application of intensity to the chosen activities and considers the additional principles of training (specificity, progressive overload, reversibility, rest and recovery, individual needs and differences, variation).

***What is a safe programme?***

A safe programme design will include an appropriate method to meet personal training needs, goals, aims and objectives, taking into account relevant physical activity, lifestyle, and/or medical history, depending on the level of learners. The programme design must meet the component of fitness for your chosen activity/sport. Safe implementation will include wearing correct training gear, safe and correct use of equipment and correct technique. It will also include wider safety issues, for example ensuring personal safety by training with a friend/in small groups, wearing reflective clothing where needed.

**In order to meet criterion 2A.M1, the fitness training *programme designed needs to be creative.***

*What is a creative programme?* A ‘creative’ programme is one that shows innovative design to meet personal training needs and individual circumstance. A creative programme will be well planned with due consideration given to prevent/avoid barriers to training occurring (such as cost or access), ensuring exercise adherence is maintained and that the programme is enjoyable for the learner to complete. Learners will draw on their learning from Unit 2 Practical Performance in Sport, when setting their goals and the focus of their training programme. For example, if cost is an issue, learners could design a personal fitness training programme to carry out in their school or Local Park.

For example, circuit training would be an appropriate method, including stations in the design that do not require any specialist equipment, such as star jumps, knee raises, burpees, kick-backs, press-ups, and sit-ups. Household items could be safely used as equipment for the circuit, for example tins of soup or water-filled plastic milk bottles make good free weights! Creativity could also be shown in the use of setting/location. For example, interval training/sprinting could be done on a beach to develop power. In this setting, if a learner wanted to increase their exercise intensity they could enlist the help of a friend and use a harness to introduce resistance while they run. Alternatively, they could run while wearing a weighted back-pack. There are endless opportunities for learners to design a personal fitness training programme that will not only meet their own needs, goals, and personal circumstances, but will also be fun to complete, so that they adhere to their regime.

***The Performance and Monitoring of Results stage (Assignment 3) - The evidence submitted for learning aim C must include:***

● Safe and appropriate participation through the selection of activities in a safe environment

● Pictures or videos of the learner participating in the training programme (if pictures are used this should be supported by a record of practical activity that confirms which grading criterion the learner has provided evidence for).

● A training diary which highlights measures for success:

- Evidence of personal development o personal achievement against original programme goals, aims and

objectives

- Personal enjoyment, dedication and commitment to training

- Amending their programme to avoid or overcome any barriers to training, issues or problems

- Evidence of how their performance has been taken to a higher level/shown personal improvement.

●Motivation for training, identify specifically what has maintained the levels of motivation.

***The Review stage (Assignment 4) - The evidence submitted for learning aim D must include:***

● A review after each training session, which includes an assessment of the evidence gathered including short term physiological effects

●You must review the appropriateness of the chosen component of fitness for their selected activity/sport.

● A discussion of how the programme was modified during the training period

● Identification of clear strengths and areas for improvement.

● Recommendations of how they could improve their training in the future.

You should have at least three Strengths and at least three areas for improvement. The recommendations should be justified so you can prove that they will increase your performance in the future.

***Demonstration of knowledge about the musculoskeletal and cardiorespiratory systems and describe the effects on the body during and after your training programme (Assignment 2) - The evidence submitted for learning aim B must include:***

* Labelled Images of the following 4 systems:

1. The Muscular System

2. The Skeletal System (that includes different joints between bones)

3. The Respiratory System (Lungs)

4. The Circulatory (C/V) System (Heart and blood vessels)

* Description of the functions for the 4 systems above.
* Description and explanation of the structure and function of the Synovial Joints. You needed to add this information to your existing work on the Musculoskeletal system. You need to make specific reference to the 4 synovial joints (Hip / Shoulder / Knee / Elbow).
* Analysis of how the four body systems and identified joints function when performing specific exercises that were included in your Training Programmes. This will then allow you to detail the physiological effects of your exercise programs on your bodies.
* A double check of your work to ensure you have not copied and pasted large parts of information. You must make sure that any information you use is your work and you fully understand what is included (use references).
* Summarise and explain the short term effects of fitness training on the 4 systems and joints.