

Prior Learning		
Components of fitness	Officiating roles	Leadership roles



LEARNING JOURNEY – Component 2
Learning Aim C



We will be focusing on component 2. This component is made up of 5 tasks. Over the next few weeks we will be looking at Task 1. This unit requires students to know the components of fitness and apply these to a specific sport. The sport will be given to you by the exam board. for the first term.

We will develop our learning each week by focusing on:	Prior	New	Skill	RAG Rate
Week 1 Key Learning: What are the skill related components of fitness? We will look at the 5 components of skill related fitness. You will know the definitions of these and you will be able to apply these to sporting situations.				
Week 2 Key Learning: What are the physical related components of fitness? We will look at the 6 components of physical related fitness. You will know the definitions of these and you will be able to apply these to sporting situations.				
Week 3 Key Learning Apply this knowledge to a case study. You will be given a past case study and a structure support. You will then attempt to apply your knowledge of the components of fitness to the sport requested in the case study.				
Week 4 Key Learning Close the gap work using PLC				
Week 5 Key Learning Component 2 Task 1 Assessment.				

Key Vocabulary				
	Identify	Explain	Analyse	Evaluate

Future Learning (including real – life)					
Exercise Intensity	Leadership	Anatomy and physiology	Sports rules and regulations	Personal fitness	Exam technique

Future Learning

What will we be learning in the future?
How could this unit help you in your future career?

Component 2 – You will know the components of fitness required to take part in different sports and physical activities. You will also research the rules and regulations for a sport and apply these to different situations in a game. You will also research the roles and responsibilities for the officials in that sport. Lastly you will be recorded taking part in a competitive sport and leading a lesson to a group of students.

Component 3 – You will learn how to design a training programme to suit an individual. You will look at how to measure fitness a person's fitness and what methods you can use to improve this.

Future Career – This unit will help with students who wish to pursue a career in sport. It is especially useful if you would like to be a teacher, coach, official or sports performer. You will learn about rules, regulations and scoring systems of a sport.