Foxford Learning Plan

YEAR 10

Topic: Component 1 LOC

Spring 1

Key Vocabulary

Static Stretching	Holding a stretch for a period of time in a still position
Dynamic Stretching	Performing a stretch whilst moving
Moderate intensity	Activity that will raise your heart rate and make you breath faster
Vigorous Intensity	Exercise that will make you breath heard and fast
Cardio respiratory system	The body system involving the heart, lungs and blood vessels
Musculoskeletal system	The body system involving the bones and muscles of the body

Key Skills

Over the course of the topic, I will be able to: -
Plan and deliver pulse raiser activities to an individual or group
Plan and deliver mobiliser activities to an individual or group
Plan and deliver preparation stretching activities to an individual or group
Plan adaptations to warm-ups based on individual needs

I will Understand

1. The different phases of a warm up
2. The effects on the cardiorespiratory and musculoskeletal system of the different phases of a warm up
3. Why participants individual needs, may mean and adaption to a planned warm up
4. The location of key skeletal muscles in the body
5. How I will be assessed in this part of Component 1