Foxford Learning Plan

YEAR 10

Topic: Component 2 LOA

Summer 1 and 2

Key Vocabulary

Aerobic Endurance	Your ability to exercise at moderate intensity for extended periods of time
Muscular Endurance	Where a muscle can keep contracting over period of time against a light to moderate load
Muscular strength	The maximum force that can be generated by a muscle in a single contraction
Speed	How fast a person can travel over short distance
Flexibility	The range of motion available at the joints of the body
Fitness	To be able to meet the demands of the environment
Power	The ability to perform strength-based movements quickly
Agility	The ability to rapidly change direction
Reaction time	Describes how fast an athlete can respond to a stimulus
Balance	To maintain centre of mass over base of support and not fall over
Co-ordination	The ability to move two or more body parts in order to produce skilled movement

Key Skills

Over the course of the topic, I will be able to: -
Define the components of physical and skill related fitness
Investigate the different components of physical fitness and examine how they apply to different sports
Investigate the different components of skill related fitness and examine how they apply to different sports
Explain how increased levels of specific components of fitness will impact performance in specific sports

I will Understand

1. The different components of physical fitness and how they are applied in different sports
2. The different components of skill related fitness and how they are applied in different sports
3. The impact of increased fitness levels on sports performance
4. How my own performance could be positively impacted by increasing my own fitness
5. How I will be assessed for this part of component 2