



Excellence & Opportunity

Year 9 to KS4 Transition Support

BTEC SPORT – UNIT 1



Transition Project

In preparation for the start of your course in September, you will need to ...

Task 1/Week 1:

Skill and Physical Related Components of Fitness

TASK:

- Research Skill and Health Related Components of Fitness.
- Create a poster of the 11 Components of Fitness relating each to a sporting example.

Task 2/Week 2:

Principles of Training

TASK

- Research the Principles of Training (FITT and SPORT R&R).
- Create a PowerPoint with the information that you have gathered providing a sporting example for each.

Task 3/Week 3:

Fitness Testing

TASK

Research principles of Training

- Multistage Fitness Test
- Harvard Step Test
- Sit and Reach
- Illinois Agility
- One minute Sit Up Test
- One minute Press Up Test

Answer the following questions for each fitness test:

1. What equipment is needed?
2. How would you set up the test?
3. What component of fitness is being tested?
4. What athlete/sports person may use this test?

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Task 4/Week 4:

Fitness Testing – Circuit Training

TASK

- Research Circuit training and how it can be implemented, think of advantages and disadvantages.
- Create two different circuit training workouts.
- Complete both of your planned circuit training workouts and record resting heart rate and working heart rate.

Task 5/Week 5:

Fitness Testing – Continuous Training

TASK

- Research Continuous training and how it can be implemented.
- Map out your continuous training route (x2).
- Complete both of your planned continuous training workouts and record resting heart rate and working heart rate.

Task 6/Week 6:

Fitness Testing – Interval Training

TASK

- Research Interval training and how it can be implemented.
- Create two different interval training workouts.
- Complete both of your planned interval training workouts and record resting heart rate and working heart rate.

Task 7/Week 7:

Fitness Testing – FARTLEK Training

TASK

- Research FARTLEK training and how it can be implemented
- Create three different FARTLEK workouts... Easy, medium and hard.



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- Complete both of your planned FARTLEK training workouts and record resting heart rate and working heart rate.

Suggested Reading or Viewing:

www.brianmac.co.uk

www.teachpe.com