



**Remote Learning –**

**Preparation work for September 2020**

**Lesson Instructions for learning at home**

<b>Date</b>	1.6.2020															
<b>Subject</b>	BTEC SPORT															
<b>Class</b>	Year 9															
<b>Title and objective of the project:</b>	<b>BTEC SPORT INTRODUCTION – UNIT 1</b>															
<b>Instructions and tasks for the completion of the project:</b>	<p>This work aims to prepare you for the start of your next academic year. By completing this work, you will be well prepared for September.</p> <p>Below is an outline of what you will be expected to complete each week:</p> <table border="1"> <tr> <td><b>Week 1 (01.06.20-05.06.20)</b></td> <td><b>Skill and Physical related Components of Fitness</b></td> </tr> <tr> <td>Week 2 (08.06.20-12.06.20)</td> <td><b>Principles of Training:</b> FITT and SPORT R&amp;R</td> </tr> <tr> <td>Week 3 (15.06.20-19.06.20)</td> <td><b>Fitness Testing:</b> Multistage Fitness Test Harvard Step Test Sit and Reach Illinois Agility One minute Sit up Test One minute Press up Test</td> </tr> <tr> <td>Week 4 (22.06.20-26.06.20)</td> <td><b>Training Methods</b> Circuit Training</td> </tr> <tr> <td>Week 5 (29.06.20-03.07.20)</td> <td><b>Training Methods</b> Continuous training</td> </tr> <tr> <td>Week 6 (06.07.20-10.07.20)</td> <td><b>Training Methods</b> Interval Training</td> </tr> <tr> <td>Week 7 (13.07.20-17.07.20)</td> <td><b>Training Methods</b> Fartlek Training</td> </tr> </table>		<b>Week 1 (01.06.20-05.06.20)</b>	<b>Skill and Physical related Components of Fitness</b>	Week 2 (08.06.20-12.06.20)	<b>Principles of Training:</b> FITT and SPORT R&R	Week 3 (15.06.20-19.06.20)	<b>Fitness Testing:</b> Multistage Fitness Test Harvard Step Test Sit and Reach Illinois Agility One minute Sit up Test One minute Press up Test	Week 4 (22.06.20-26.06.20)	<b>Training Methods</b> Circuit Training	Week 5 (29.06.20-03.07.20)	<b>Training Methods</b> Continuous training	Week 6 (06.07.20-10.07.20)	<b>Training Methods</b> Interval Training	Week 7 (13.07.20-17.07.20)	<b>Training Methods</b> Fartlek Training
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<b>Plans for feedback and submission of work:</b>	<p>At the end of each week you need to submit evidence of your work in any of the following formats:</p> <ul style="list-style-type: none"> <li>• Completed Learning Log</li> <li>• Photograph</li> <li>• Short email with class teacher</li> <li>• Example of Power Point, word document, video, podcast etc.</li> </ul> <p>By Friday 3pm you should be sending your work over to your class teachers.</p>															