

Year 12 BTEC NATIONAL EXTENDED CERTIFICATE IN SPORT UNIT 5 LTP

UNIT 5: APPLICATION OF FITNESS TESTING (INTERNALLY ASSESSED)

Rationale with endpoints: This unit explains the principles of fitness testing including factors affecting the selection and administration of tests, such as ensuring the validity, reliability and suitability of tests. Exploring the range of lab and field based testing and administration of each fitness test.

Term	Topic	Knowledge	Skills	<i>Reading /wider reading</i>
Autumn term 1	<p>Learning Aim A: Understanding the principles of fitness testing.</p>	<p>Defining key terms: Validity, Reliability, Practicality, suitability and Ethical Considerations. Linking to practical events and specific fitness tests.</p>	<p>Independent enquiry; self-management; reflective learners; team work ICT – Knowledge organisers;</p> <p>Discussion regarding course content, structure and layout. Explanation of assignment. Theory driven content lessons in preparation for coursework writing. Coursework is in the form of an essay.</p> <p>Complex Activity: Assignment written as an essay.</p>	<p>Pearson’s BTEC National Sport Student Book 1: pages 213-257</p> <p>www.brianmac.co.uk</p>
Autumn 2	<p>Learning Aim B: Explore fitness testing for different components of fitness.</p>	<p>Knowledge of all components of fitness linked with the fitness test for that component Protocol of each fitness test including the equipment. Justifying the practicality/suitability/validity of their chosen fitness tests.</p>	<p>Independent enquiry; self-management; reflective learners; team work ICT – Knowledge organisers;</p> <p>Complex Activity: Assignment written as a PowerPoint presentation.</p>	<p>Pearson’s BTEC National Sport Student Book 1: pages 213 - 257</p> <p>www.brianmac.co.uk</p>

Spring 1	<p>Learning Aim B: Explore fitness testing for different components of fitness.</p>	<p>Practical element of the unit. Students can lead their own fitness tests using the resources that they have created. Reflect individually on success/ areas for improvement. Students can document their practicals via video/photography.</p>	<p>Independent enquiry; self-management; reflective learners; team work ICT – Knowledge organisers; Theory driven content of components of fitness and application to sports performers. In depth analysis of fitness testing and protocols related to testing. Re-linking theory content with knowledge from Learning Aim A. Complex Activity: Assignment as a PowerPoint and Recorded video.</p>	<p>Pearson’s BTEC National Sport Student Book 1: pages 213- 257</p> <p>www.brianmac.co.uk</p>
Spring 2	<p>Learning Aim C: Undertake evaluation and feedback of fitness test results.</p>	<p>Interpreting results against normative data Understand the different styles of feedback Identification of strengths and weaknesses using data analysis techniques. Be able to write a balanced justified assignment highlighting both strengths and weaknesses of the performer. Be able to write a justified assignment using self- reflection of your own performance and identify</p>	<p>Independent enquiry; self-management; reflective learners; Critical thinkers.</p> <p>Students lead practical fitness tests in accordance with correct protocols. Students can record/take photos of practicals in compliance with GDPR and data protection acts. Students develop reflective practice on their own delivery of fitness testing.</p>	<p>Pearson’s BTEC National Sport Student Book 1: pages 213- 257</p> <p>www.brianmac.co.uk</p>

		recommendations for the future.	Complex Activity: Assignment as a PowerPoint and Recorded video.	
Summer 1	Begin to teach content for Unit 2 exam to year 12 students. Students take Unit 1 Exam.			
Summer 2				