

KS5

Investigate fitness programming to improve fitness and sports performance

Exam

The effects of long-term fitness training on the body systems

Fitness testing

Heart rate and training intensities

Component 3: Developing Fitness to Improve Other Participants Performance in Sport and Physical Activity (Exam unit)

Components of fitness

Methods of training

Principles of training

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PSA 5: Understand how different components of fitness are used in different physical activities

PSA 4: participating video
Be able to show isolated skills in your chosen sport.

PSA 2: coaching Video
Demonstrate ways to improve participants sporting techniques

PSA 3: participating video
Be able to show isolated skills in your chosen sport.

PSA 1: Be able to participate in sport and understand the roles and responsibilities of officials.

Component 2: Taking Part and Improving Other Participants Sporting Performance

PSA 2: Slide presentation
Outlining the clothing, equipment and technology needed to participate in chosen sport of physical activity.

PSA 3: Video presentation and written response.
Video delivering a warm up
Written response on component of fitness and justification of warm up.

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Component 1: Preparing Participants to Take Part in Sport and Physical Activity

PSA 1: Written response.
Defining a sport and physical activity with relevance to a sport sector.
Barriers to participation and methods to overcome barriers