

Module 1	Module 2	Module 3
<p>Learning Intent for this module:</p> <p>Component 2: Learners will revisit the learning outcomes in component 2 in preparation for the Pearson Set Assignment – External assessment. Learners will understand how different components of fitness are used in different physical activities. They will be able to participate in sport, understanding the roles and responsibilities of officials. They will collate video footage of isolated skills and competitive practices in their selected sport. Learners will demonstrate ways to improve participant's sporting techniques in a selected sport/activity.</p> <p>Component 3: Learners will understand how each of the components of physical and skill-related fitness are required to perform well in selected sports and how these are used when playing in different positions in team sports. Learners will understand the principles of training and how they can be applied to training programmes. They will demonstrate an understanding of exercise intensity and how it can be measured or worked out. They will also understand the target zones and the related technical vocabulary</p>	<p>Learning Intent for this module:</p> <p>Component 3: Learners will understand the purpose of fitness testing, administer and select fitness tests for different types of sports and participants and interpret the fitness test results. They will know which fitness tests are appropriate to test for each component of physical and skill related fitness. They will understand the practicality and validity of these tests for each component of physical fitness and specific to different sports and their participants. Learners will understand how to produce reliable fitness test results. Learners will be able to use normative data tables to interpret fitness test results and interpret the data to recommend improvements to the performer from the results.</p> <p>Learners will know how to carry out fitness training methods safely and effectively as part of a training programme. Learners will know how training methods affect the different body systems, which can lead to adaptations to improve specific components of fitness.</p>	<p>Learning Intent for this module:</p> <p>Component 3: Learners will investigate fitness programming to improve sports performance and fitness. They will design a motivating, fitness training programme using personal information.</p> <p>Learners will complete a range of revision techniques and strategies. They will use past papers in preparation for Component 3 External examination.</p>
Key content to be learned:	Key Content to be learned:	Key Content to be learned:

<p>Component 2: Understand how different components of fitness are used in different physical activities.</p> <p>Learning Outcome A: Explore types and provision of sport and physical activity for different types of participants.</p> <p>Learning outcome B: Examine equipment and technology required for participants to use when taking part in sport and physical activity.</p> <p>Learning outcome C: Demonstrate ways to improve participants sporting techniques</p> <p>Component 3 Learning Outcome A: Explore the importance of fitness for sports performance</p> <p>A1. The importance of fitness for successful participation in sport A2. Fitness training principles A3. Exercise intensity and how it can be determined</p>	<p>Component 3: Developing fitness to improve other participants' performance in sport and physical activity</p> <p>Learning Outcome B: Investigate fitness testing to determine fitness levels</p> <p>B1. Importance of fitness testing and requirements for administration of each fitness test B2. Fitness test methods for components of physical fitness B3. Fitness test methods for components of skill-related fitness B4. Interpretation of fitness test results</p> <p>Learning Outcome C: Investigate different fitness training methods</p> <p>C1. Requirements for each of the following fitness training methods C2. Fitness training methods for physical components of fitness. C3. Fitness training methods for skill-related components of fitness C4. Additional requirements for each of the fitness training methods C5. Provision for taking part in fitness training methods C6. The effects of long-term fitness training on the body systems</p>	<p>Component 3: Developing fitness to improve other participants' performance in sport and physical activity</p> <p>Learning Outcome D: Investigate fitness programming to improve fitness and sports performance</p> <p>D1. Personal information to aid fitness training programme design D2. Fitness programme design</p> <p>Examination revision</p>
<p>Assessment for this module:</p>	<p>Assessment for this module:</p>	<p>Assessment for this module:</p>

<ol style="list-style-type: none"> 1. Pearson Set Assessment – Component 2 Taking part and improving other participants sporting performance 5-hour written examination. 2. Pearson Set Assessment – Component 2 Taking part and improving other participants sporting performance Practical examination. 3. Component 3 – Learning Outcome A: Explore the importance of fitness for sports performance. Examination questions – fitness training and exercise intensity. 	<ol style="list-style-type: none"> 1. Learning Outcome A - Exam questions - methods for physical components of fitness and skill-related components of fitness 2. Learning Outcome B - Exam questions – additional requirements for training methods 3. Mock Examination – Component 3 Examination paper: Developing fitness to improve other participants’ performance in sport and physical activity 	<ol style="list-style-type: none"> 1. Design a personal information sheet that will inform training programme design 2. Design a fitness training programme for a team sport and an outdoor activity of your choice 3. Component 3 – External Examination Developing fitness to improve other participants’ performance in sport and physical activity
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