

Unit 3 Single Sport Year 2 Weekly Plan

1	ENROLMENT
2	ENROLMENT & 1A Ready to Learn
3	Meal plan task Nutritional timings, pre and post exercise, weight gain and loss strategies, ergogenic aids, carbo loading, energy drinks, gels. Another Case Study
4	Components of fitness , demand of sports, Aerobic training methods - application to programmes. FITT, training zones.
5	Consolidate, revise and folder check - Topics A - D. Case study work.
6	Muscular Strength Training. Apply FITT (Reps/Set etc), Advantages and disadvantages. Muscular Endurance training. Apply FITT (Reps/Set etc), Advantages and disadvantages.
7	Core stability - Yoga/pilates. Flexibility training methods. Discuss principles and application to programme design. Speed training methods. Consolidate - folder check on training methods. Case study work. Mark bands and grading guidance covered.
8	Training methods - skill related. Agility, Coordination and balance drills, SAQ with range of sports
	Half Term holiday
9	Training Methods - Skill related. Power and reaction time. Range of plyometric exercises. Consolidate notes and apply to range of case studies
10	Programme design - Principles of training, aims and objectives, SMART Goals. Periodisation - Micro, Meso, Macro
11	Revision topic A and B. Apply to range of case studies
12	Revision Topics C and D. Apply range of case studies
13	Full mock assessments
14	Part A released??? - Plan materials and prep for final assessment
15	Unit 2 Exam (TBC)