

Year 11 Countdown Plan

PERSONAL LEARNING CHECKLIST – [Pearson - BTEC Sport]

Exams & Dates = Developing fitness to improve other participants performance in sport and physical activity. 7/5/26

Week	Task	Include	Complete?		Notes
Week 1 12 th Jan - 16 th Jan	A1: The Importance of Fitness for successful participation in sport A2: Fitness training principles A3: Exercise intensity and how it can be determined	<ol style="list-style-type: none"> 1. P128 – 130 BTEC Sport Student Book 2. P129 'Check my learning' Purple box 3. P130 – 132 BTEC Sport Student Book 4. Define each component of fitness 5. P131 'Check my learning' Purple box 6. P132 – 135 BTEC Sport Student Book 7. P133 & 135 'Check my learning' Purple box 8. P137 Assessment Activity 			
Week 2 19 th Jan - 23 rd Jan	B1: Importance of Fitness Testing B2: Fitness Testing Methods <i>Aerobic Endurance</i> <i>Muscular Endurance</i> <i>Flexibility</i> <i>Speed</i> <i>Muscular Strength</i> <i>Body Composition</i>	<ol style="list-style-type: none"> 1. P138 – 141 BTEC Sport Student Book 2. P139 & 141 'Check my learning' Purple box 3. P142 – 155 BTEC Sport Student Book 4. P143 & 145 <i>Aerobic Endurance</i> 'Check my learning' Purple box 5. P147 <i>Muscular Endurance</i> 'Check my learning' Purple box 6. P149 <i>Flexibility</i> 'Check my learning' Purple box 7. P151 <i>Speed</i> 'Check my learning' Purple box 8. P153 <i>Muscular Strength</i> 'Check my learning' Purple box 9. P155 <i>Body Composition</i> 'Check my learning' Purple box 			
Week 3 26 th Jan - 30 th Jan	B3: Fitness Testing Methods <i>Agility</i> <i>Balance</i> <i>Coordination</i> <i>Reaction Time</i> <i>Power</i>	<ol style="list-style-type: none"> 1. P156 - 165 BTEC Sport Student Book 2. P157 <i>Agility</i> 'Check my learning' Purple box 3. P159 <i>Balance</i> 'Check my learning' Purple box 4. P161 <i>Coordination</i> 'Check my learning' Purple box 5. P163 <i>Reaction Time</i> 'Check my learning' Purple box 6. P165 <i>Power</i> 'Check my learning' Purple box 			
Week 4 2 nd Feb - 6 th Feb	B4: Interpreting fitness test results C1: Requirements for fitness training C2: Fitness training methods	<ol style="list-style-type: none"> 1. P166 - 167 BTEC Sport Student Book 2. P167 'Check my learning' Purple box 3. P169 Assessment Activity 4. P172 – 181 BTEC Sport Student Book 5. P173 & 175 <i>Aerobic Endurance</i> 'Check my learning' Purple box 6. P177 <i>Flexibility</i> 'Check my learning' Purple box 7. P179 <i>Muscular Endurance</i> 'Check my learning' Purple box 8. P181 <i>Muscular Strength</i> 'Check my learning' Purple box 			
Week 5 9 th – 13 th Feb	C4: Advantages/ Disadvantages of each fitness training method (i)	<ol style="list-style-type: none"> 1. P190 – 197 BTEC Sport Student Book 2. P191, 193, 195 & 197 'Check my learning' Purple box 3. P194 Copy Table 3.34 4. P194 Copy Table 3.35 5. P194 Copy Table 3.36 			
Half Term 16 th – 20 th Feb	C4: Advantages/ Disadvantages of each fitness training method (ii)	<ol style="list-style-type: none"> 1. P195 – 197 BTEC Sport Student Book 2. P195 Copy Table 3.37 3. P195 Copy Table 3.38 4. P196 Copy Table 3.39 5. P196 Copy Table 3.40 6. P196 Copy Table 3.41 7. P197 Copy Table 3.42 8. P197 Copy Table 3.43 			
Mocks 23 rd – 27 th Feb	Mock timetable TBC				
Mocks 2 nd – 6 th March	Mock timetable TBC				

Week	Task (all tasks should be double page minimum)	Include	Complete?			Notes
Week 6 9 th – 13 th March	C5: Provision of fitness training methods	<ol style="list-style-type: none"> 1. P198 – 199 BTEC Sport Student Book 2. P199 'Check my learning' Purple box 3. P199 Copy Table 3.44 				
Week 7 16 th – 20 th March	C6: The effects of long-term fitness training on the body	<ol style="list-style-type: none"> 1. P200 – 207 BTEC Sport Student Book 2. P201 <i>Aerobic Endurance Training</i> 'Check my learning' Purple box 3. P203 <i>Aerobic Endurance Training</i> 'Check my learning' Purple box 4. P205 <i>Flexibility Training</i> 'Check my learning' Purple box 5. P207 <i>Muscular Endurance Training</i> 'Check my learning' Purple box 				
Week 8 23 rd – 27 th March	C6: The effects of long-term fitness training on the body	<ol style="list-style-type: none"> 1. P208 – 213 BTEC Sport Student Book 2. P209 <i>Muscular Strength and Power Training</i> 'Check my learning' Purple box 3. P211 <i>Speed Training</i> 'Check my learning' Purple box 4. P212 Assessment Activity 				
Week 9 30 th – 2 nd April	D1: Personal information needed to aid fitness program design D2: Designing a fitness program	<ol style="list-style-type: none"> 1. P214 – 218 BTEC Sport Student Book 2. P215 'Check my learning' Purple box 3. P218 – 219 BTEC Sport Student Book 4. P218 Orange 'Activity' Box 5. P219 'Check my learning' Purple box 				
Easter Holidays						
Easter Holidays						
Week 8 20 th – 24 th April	D3: Motivational techniques for Fitness program design	<ol style="list-style-type: none"> 1. P220 – 225 BTEC Sport Student Book 2. P223 'Check my learning' Purple box 3. P225 Assessment Activity 				
Week 9 27 th – 1 st May	Overview of Topics	<ol style="list-style-type: none"> 1. Create an A3 mind map with an overview of Unit A 2. Create an A3 mind map with an overview of Unit B 3. Create an A3 mind map with an overview of Unit C 4. Create an A3 mind map with an overview of Unit D 				
Week 13 Final Exam 4 th – 8 th May	Thursday 7th May Exam					