Cognitive Skills

Physical Competencies

Physical Fitness

Personal Qualities

Apply and create different strategies to your team

Understand

the influence

your level of

motivation can

have on others

11. Evaluate

your role as a

10. Apply

responsibility

& leadership

skills within

this activity

which aspects of physical fitness are required in different activties

2. Understand when an apsect of physical fitness is required and how to improve

FITNESS

OUR LEARNING FNVIRONMENT AND

RESPONSIBILITIES THROUGH

Safe

Healthy

Active

Nurtured

Achieving

Respected

Responsible

Included

8. Apply

determination & resilience and understand how it impacted your performance

4. Create and apply a training plan aspect of

5. Evaluate how an aspect of physical fitness can impact my performance

to improve an fitness

3. Analyse the

impact an

aspect of

fitness has on

performance

6. Understand



LITERACY – Writing, Listening and Talking:

Recording information

Using suitable vocabulary to communicate effectively

Show understanding of what I watch & listen to

9. Evaluate how

determination impacted your

performance



NUMERACY – Estimating and Rounding:

Using information to estimate to calculate training zones

Rounding up and down to calculate weights and resistances