



## 13-Week Revision Plan

### Subject: Btec Sport

Week	Weekly lesson focus	Routine homework	Revision topic	Resource links	Suggested tasks	Explicit vocabulary instruction: command words	Intervention Programme to attend
9 Feb	Fitness training methods for physical fitness	Everlearner – Requirements for training methods and provisions	Aerobic Endurance Training	Everlearner platform <a href="#">Home :: The EverLearner</a>	Videos Practice questions Tests	Assess Which State Identify	Intervention Tuesday Open to all
HOLIDAY		Everlearner – LAA & LAB	Flexibility & Muscular Endurance Training	Everlearner platform	Videos Practice questions Tests		Intervention Tuesday Open to all
23 Feb	Fitness training methods for skill-related fitness	Everlearner - Long Term effects of Training	Muscular Strength & Speed Training	Everlearner platform	Videos Practice questions Tests	Give Explain Evaluate	Intervention Tuesday Open to all
2 March	Choosing training methods, Provisions of fitness training, Long term effects of training	Everlearner – LAA, LAB & LAC questions	Fitness Tests – Agility, Balance, Coordination, Power & Reaction time	Everlearner platform	Videos Practice questions Tests	Draw Describe Complete table (x) by stating	Intervention Tuesday Open to all
9 March	Fitness Programme and designs	Everlearner - LAD	Fitness Training – Agility, Power, Balance, Coordination	Everlearner platform	Videos Practice questions Tests	Assess Describe Evaluate Give	Intervention Tuesday Open to all

			& Reaction time				
16 March	Motivation and Goal setting, IN-CLASS MOCK	Everlearner – Class teacher to use data to target weak areas	The effects of long term fitness training	Everlearner platform	Videos Practice questions Tests	Draw Explain Identify State	Intervention Tuesday Open to all
23 March	MOCK FEEDBACK, LAA Revisit	Everlearner – Class teacher to use data to target weak areas	Fitness Programming design and Motivation techniques	Everlearner platform	Videos Practice questions Tests	Which Evaluate Describe Identify	Intervention Tuesday Open to all
HOLIDAY		Everlearner – Class teacher to use data to target weak areas	The importance of successful participation in sport	Everlearner platform	Videos Practice questions Tests		
HOLIDAY		Everlearner – Class teacher to use data to target weak areas	Fitness training principles	Everlearner platform	Videos Practice questions Tests		
13 April	LAB Revisit	Everlearner – Component 3	Exercise intensity and how it can be determined	Everlearner platform	Videos Practice questions Tests	Describe Assess Evaluate Explain	Intervention Tuesday Open to all
20 April	LAC Revisit	Everlearner – Component 3	Fitness testing requirements and administration	Everlearner platform	Videos Practice questions Tests	Give Identify Which Evaluate	Intervention Tuesday Open to all
27 April	LAD Revisit	Everlearner – Component 3	Fitness test methods of C of PF	Everlearner platform	Videos Practice questions Tests	Explain Describe	Intervention Tuesday Open to all
4 May	Exam Question Prep	Everlearner – Component 3	All of Component 3	Everlearner platform	Videos Practice questions Tests	Evaluate Assess	Intervention Tuesday Open to all

