STOKE DAMEREL

Aspire Achieve Thrive

Cycle 4

Sport and Coaching

Year 10

Name: _____

Tutor: _____

Year 10 Homework Timetable

Monday	Bedrock Learning	Ebacc Option D	Option C	Modern Britain
Tuesday	English	Tassomai	Option B	Option A
Wednesday	Hegarty	Science	Modern Britain	Option C
Thursday	Ebacc Option D	Tassomai	Bedrock Learning	Option B
Friday	Hegarty	Science	English	Option A

Tassomai - 2 Daily Goals per week
Hegarty - 4 tasks of Hegarty per week

Block A	Block B	Block C	Block D
Art	Business Studies	Art	French
Dance	Child Development	Business Studies	Geography
Drama	Catering	Geography	History
Media Studies	Computer Science	Health & Social Care	
Music	Drama	History	
Photography	Health & Social Care	Catering	
	IT	Photography	
	Media Studies	Sport	
	Sociology	Travel & Tourism	
	Sport		

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GREENSHAW LEARNING TRUST

Sport and Coaching Cycle 4 - Homework Plan

Week / Date	Homework task	Exam Question
Week 1 April 25th	**Cornell Notes:** The Basic Principles of Training (FITT)	**Question 1** Describe how frequency and intensity can be applied to a training programme. (4)
Week 2 May 2nd	**Revision Card:** Circulatory System	**Question 2** Discuss how time and type can be applied to a training programme. (4)
Week 3 May 9th	**Cornell Notes:** Additional Principles of Training (SPORVAIR)	**Question 3** Explain how progressive overload can be applied to a training programme. (3)
Week 4 May 16th	**Revision Card:** Respiratory System	**Question 4** Explain how reversibility can occur during a training programme. (3)
Week 5 May 23rd	**Cornell Notes:** Musculoskeletal System	**Question 5** Explain how specificity can be applied to a training programme. (3)
Week 6 June 6th	**Revision card:** Principles of Training	**Question 6** Discuss the link between rest and recovery and adaptation during a training programme. (4)
Week 7 June 13th	**Cornell Notes:** Cardiorespiratory System	**Revision**
Week 8 June 20th	**Revision**: Cornell Notes / Mind map / Revision Card	**Revision**
Week 9 June 27th	**Plug the gaps**	

Week 1 - The Basic Principles of Training (FITT)

The FITT principle is used to help progressively overload your training.

FREQUENCY -
The number of training sessions completed over a period of time, usually per week. For example, increasing the amount of times you train a week from once to twice.

INTENSITY -
How hard an individual will train (training zones and weights). For example increasing the amount you lift on the shoulder press from 20kg to 25kg in week 3, or increasing the amount of reps of press ups you do each week.

TIME -
How long an individual will train for, e.g. 45 minutes. For example, increasing the time you work for in circuit training from 30 seconds to 45 seconds. You can also decrease your rest time.

TYPE -
How an individual will train by selecting a training method to improve a specific component of fitness and/or their sports performance. You may start off doing normal lunges but as you start to find these easier you can progress them to plyometric lunges.

Motivation for Training

Negative effects on motivation:

- Lack of sleep
- Lack of space to workout
- Lack of energy
- Social isolation

Overcoming negative motivation:

- Download a new playlist for your workout
- Record your results so you can try and beat your previous sessions score
- Have a set workout space that you will train in each day
- Train with a partner (set up a zoom meeting and train at the same time as your friends).

Week 3 - Additional Principles of Training (SPORVAIR)

SPECIFICITY -
This is about making sure your programme is specific to you and your chosen sport. For example, as a footballer you will focus mainly on muscles in the lower body as these are used more than other muscle groups in a match.

PROGRESSIVE OVERLOAD -
In order to progress, training needs to be demanding enough to cause the body to adapt, improving performance. As your body adapts and becomes fitter, the difficulty of the training must increase to continue improving. This could be more sessions in a week (frequency) or longer sessions (Time). This would cause you to be working on a higher level on the Borg Scale. Adaptation occurs and the cycle then repeats.

REST AND RECOVERY -
This is about having an awareness that after a session you will need to rest to allow your muscles time to recover. For example, if you train on a Tuesday then you should have Wednesday off to recover.

VARIATION -
This is about making sure you adapt and change your workouts to ensure you don't get bored. For example, changing the exercises, or changing the order of your exercises.

ADAPTATION -
This is about how your body adapts to training overtime. Your body works hard to meet your training needs and overtime you get fitter and stronger. This is why you need the FITT principle, to ensure you are challenging yourself enough.

INDIVIDUAL NEEDS -
Make the training fit your needs! For example if you have a previous knee injury then you might limit the amount of jumping you do in your programme to avoid making your knee worse (this is an example of taking someone's medical history into consideration).

REVERSIBILITY -
This happens if you have to stop your training programme because of illness or injury or if training isn't hard enough. Your progress will slow down and eventually go backwards.

Week 5 - Musculoskeletal

- Musculoskeletal - Muscular and skeletal system (muscles and bones)

Structure

Muscles

Upper body (waist up):
- Deltoid
- Pectoralis Major
- Biceps
- Triceps
- External Obliques
- Latissimus Dorsi

Lower body (waist down):
- Quadriceps
- Gluteus Maximus
- Hamstrings
- Gastrocnemius
- Tibialis Anterior

Bones

Upper body (waist up):
- Cranium
- Clavicle
- Scapula
- Ribs (Rib Cage)
- Sternum
- Humerus
- Ulna
- Radius

Lower body (waist down):
- Pelvis
- Femur
- Patella
- Tibia
- Fibula

- Ligament - connects bone to bone
- Tendon - connects muscle to bone

Function

The skeleton has five main functions:
- Movement
- Support and protection
- Production of blood cells
- Storage of minerals
- Attachment of muscles

Movement
- Flexion - bending a joint. This occurs when the angle of a joint decreases
- Extension - straightening a joint. This occurs when the angle of a joint increases
- Rotation - this is where the limb moves in a circular movement around a fixed joint towards or away from the midline of the body
- Abduction - movement away from the midline of the body
- Adduction - movement towards the midline of the body
- Circumduction - this is where the limb moves in a circle
- Plantar flexion - pointing the toes
- Dorsiflexion - the foot moves towards the shin as if you are pulling your toes up

Week 7 - Cardiorespiratory

- Cardiorespiratory - cardiovascular and respiratory systems (heart and lungs)

Structure and Function

Cardiovascular

Right Atrium
- An upper chamber receives deoxygenated blood

Left Atrium
- An upper chamber receives oxygenated blood from the lungs

Right Ventricle
- A lower chamber containing deoxygenated

Left Ventricle
- A lower chamber containing oxygenated blood

Pulmonary Artery
- Carries deoxygenated blood from the heart to the lungs.

Aorta
- Oxygenated blood is pumped at high pressure from the heart to the body

Pulmonary Vein
- Returns oxygenated blood to the heart.

Vena Cava
- Returns deoxygenated blood to the heart.

Septum
- The wall dividing the left and right sides of the heart.

Bicuspid and Tricuspid Valves
- Prevent blood flowing back

Structure and Function

Respiratory

Trachea (windpipe)
- This is where oxygen flows from the nasal passages and into the bronchi

Bronchi
- Two tubes that are joined to the trachea and one goes into each lung

Bronchioles
- These are tubes that branch of from the Bronchi and have alveoli on the end of them

Alveoli
- These are the tiny sacs at the end of the bronchioles that allow gas exchange to take place

Diaphragm
- The muscle underneath the lungs that contracts and relaxes which allows us to breathe

Ribs
- These protect the lungs on the outside and are made of bone

Intercostal Muscles
- These are muscles that are in between the ribs that helps the lungs move

Gaseous exchange
- Once the air reaches the Alveoli oxygen and carbon dioxide are exchanged with blood cells

Date…….

WEEK 1

Describe how frequency and intensity can be applied to a training programme. (4)

Answer:-

Date…….

WEEK 2

Discuss how time and type can be applied to a training programme. (4)

Answer:-

Date…….

WEEK 3

Explain how progressive overload can be applied to a training programme. (3)

Answer:-

Date…….

WEEK 4

Explain how reversibility can occur during a training programme. (3)

Answer:-

Date…….

WEEK 5

Explain how specificity can be applied to a training programme. (3)

Answer:-

Date…….

WEEK 6

Discuss the link between rest and recovery and adaptation during a training programme. (4)

Answer:-

STEP 2: CREATE CUES

What: Reduce your notes to just the essentials.

What: Immediately after class, discussion, or reading session.

How:
- Jot down key ideas, important words and phrases
- Create questions that might appear on an exam
- Reducing your notes to the most important ideas and concepts improves recall. Creating questions that may appear on an exam gets you thinking about how the information might be applied and improves your performance on the exam.

Why: Spend at least ten minutes every week reviewing all of your previous notes. Reflect on the material and ask yourself questions based on what you've recorded in the Cue area. Cover the note-taking area with a piece of paper. Can you answer them?

STEP 1: RECORD YOUR NOTES

What: Record all keywords, ideas, important dates, people, places, diagrams
and formulas from the lesson. Create a new page for each topic discussed.

When: During class lecture, discussion, or reading session.

How:
- Use bullet points, abbreviated phrases, and pictures
- Avoid full sentences and paragraphs
- Leave space between points to add more information later

Why: Important ideas must be recorded in a way that is meaningful to you.

STEP 3: SUMMARISE & REVIEW

What: Summarise the main ideas from the lesson.
What: At the end of the class lecture, discussion, or reading session.
How: In complete sentences, write down the conclusions that can be made from the information in your notes.
Why: Summarising the information after it's learned improves long-term retention.

Date / / Topic

WEEK 1

Questions	Notes

Summary

Date / / **Topic**

Questions	Notes

Summary

Date / / Topic

WEEK 3

Questions	Notes

Summary

Date / / **Topic**

Questions	Notes

Summary

Date / / Topic

WEEK 5

Questions	Notes

Summary

Date / / **Topic**

Questions	Notes

Summary

Date / / Topic

WEEK 7

Questions	Notes

Summary

Date / / **Topic**

Questions	Notes

Summary

Revision Page

Revision Page

Revision Page

Revision Page

Revision Page

Revision Card on the Circulatory System	Answers
1. Identify the 4 chambers of the heart. 2. Identify the 3 key blood vessels.	

.....✂.....

Revision Card on the Respiratory System	Answers
1. Identify 7 components of the respiratory system. (The lungs count as 2)	

.....✂.....

Revision Card on Principles of Training	Answers
1. Identify the basic principles of training. 2. Identify the additional principles of training.	