STOKE DAMEREL
Community College

Cycle 2

Sport and Coaching

Year 11

Name: _____

Tutor: _____

Year 11 Homework Timetable

Monday	English	Ebacc Option A	Option C	
Tuesday	Tassomai	Option B	Option D	
Wednesday	Hegarty	Science	Option C	
Thursday	Ebacc Option A	Tassomai	Option B	Option D
Friday	Hegarty	Science	English	

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

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

Aspire | Achieve | Thrive

GREENSHAW LEARNING TRUST

Sport and Coaching Cycle 1 - Homework Plan

Week / Date	Homework task	Exam Question
Week 1 November 15th	**Cornell Notes:** Testing and Training	**Question 1** Describe 2 advantages and 2 disadvantages of using the multistage fitness test. (4)
Week 2 November 22nd	**Revision Card:** Definitions	**Question 2** Describe 2 advantages and 2 disadvantages of using plyometric training. (4)
Week 3 November 29th	**Cornell Notes:** Principles of training	**Question 3** Describe how a 1500m runner could apply the FITT principle to their training programme. (4)
Week 4 December 6th	Mock week revision - use revision pages. Mock exam date: **<u>Thursday 9th December 2021 at 13:50</u>**.	
Week 5 December 13th		
Week 6 January 3rd	**Revision Card:** Definitions	**Question 4** Explain why rest and recovery and variation are important when creating a training programme? (4)
Week 7 January 10th	**Cornell Notes:** Exercise intensity	**Question 5** Ethan's coach is creating a training plan for him. Ethan is 28 years old. What is Ethan's maximum heart rate and what are his aerobic training zones? (4)
Week 8 January 17th	**Revision card:** Definitions	**Question 6** Ruth is a boxer in the heavyweight division, when performing free weight training explain what intensity she should train at. (4)
Week 9 January 24th	***<u>UNIT 1 EXTERNAL EXAMINATION WEEK</u>***	
	Revision: Unit 1 Cornell Notes / Mind map / Revision Card	**Revision**

Year 11 Sport and Coaching

Week 1 & 2 - Testing and Training

Type	COF	Test	Method of training
Physical	Muscular Endurance	1 minute sit up/press up	Circuit training / free weight training
	Aerobic Endurance	Multistage fitness test / Forestry step test	Continuous / fartlek / interval
	Muscular Strength	Hand grip dynamometer test	Free weight training
	Speed	35 meter sprint test	Hollow sprints / interval / acceleration sprints
	Body Composition	Body mass index (BMI) / Bioelectrical impedance analysis (BIA) / skinfold test	
	Flexibility	Sit and reach test	Static stretching / ballistic / PNF
Skill	Agility	Illinois agility test	
	Power	Vertical jump test	Plyometric training / free weight training

Equipment required for tests:

- 1 Minute Sit-up and Press-up Test: mat / stopwatch
- Multistage Fitness Test: Test recording / speakers / tape measure / cones
- Forestry Step Test: Steps / stopwatch / metronome
- Handgrip Dynamometer test: Grip Dynamometer
- 35 Meter Sprint Test: Tape measure / stopwatch / tape or cones
- Body Mass Index (BMI) Test: Scales / tape measure or stadiometer
- Bioelectrical Impedance Analysis (BIA): BIA analyser / mat
- Skinfold Test: Skinfold callipers
- Sit and Reach Test: Tape measure / box / or sit and reach box / mat
- Illinois Agility Test: Tape measure / cones / tape / stopwatch
- Vertical Jump Test: Chalk / tape measure / wall / scales(to work out power)

Week 3 & 5 - Principles of Training

The basic principles of training (FITT):

- Frequency: the number of training sessions completed over a period of time, usually per week
- Intensity: how hard an individual will train
- Time: how long an individual will train for
- Type: how an individual will train by selecting a training method to improve a specific component of fitness and/or their sports performance.

Additional principles of training (SPORVAIR):

- Specificity: definition: training should be specific to the individual's sport, activity or physical/skill-related fitness goals to be developed.
- Progressive overload: definition: in order to progress, training needs to be demanding enough to cause the body to adapt, improving performance.
- Reversibility:definition: if training stops, or the intensity of training is not sufficient to cause adaptation, training effects are reversed.
- Variation: it is important to vary the training regime to avoid boredom and maintain enjoyment
- Adaptation:definition: how the body reacts to training loads by increasing its ability to cope with those loads. Adaptation occurs during the recovery period after the training session is completed.
- Individual differences/needs: definition: the programme should be designed to meet individual training goals and needs.
- Rest and recovery are required so that the body can recover from the training and to allow adaptation to occur

Week 4 & 6 - Exercise Intensity

Heart rate: The number of times the heart beats per minute (bpm)

Maximum heart rate – also called HR max
Equation: HR max = 220 – age (years)
e.g. the maximum heart rate of a 25 year old is 195 bpm

Heart rate training zones:
The target zone recommended to improve cardiorespiratory fitness is 60%-85% of HR max (a person's maximum heart rate).

Working out target zones:
1. Calculate maximum heart rate (HR max) HR max = 220 – age (years)
2. Find upper training threshold = HR max X 0.85
3. Find lower training threshold = HR max X 0.60

e.g. 220 – 25 (age) = 195 bpm
195 x 0.85 = 165.75 = 166 bpm (upper training threshold)
195 x 0.60 = 117 bpm (lower training threshold)
Target zone = 117 bpm – 166 bpm

The RPE BORG Scale
The numbers on the scale represent the different levels of exercise intensity.
The BORG can be used to estimate a person's heart rate HR (bpm) = RPE x 10
e.g. a perform says they are working extremely hard and give a RPE scale rating of 19 their estimated heart rate is: HR (bpm) = RPE X 10

You can also estimate a RPE scale/Borg scale rating from a heart rate (bpm):
RPE scale = HR (bpm) ÷10.

Rating	Perceived Exertion
6	No exertion
7	Extremely light
8	
9	Very light
10	
11	Light
12	
13	Somewhat hard
14	
15	Hard
16	
17	Very hard
18	
19	Extremely hard
20	Maximal exertion

Free weight training reps and 1 rep max %:

- Muscular endurance - low load / high rep
  50-60% 1RM / 20 reps
- Elastic strength (power) - medium load / medium rep
  75% 1RM / 12 reps
- Muscular strength - high load / low rep
  90% 1RM - 6 reps

WEEK 1

Date…….

Describe 2 advantages and 2 disadvantages of using the multistage fitness test. (4)

Answer:-

WEEK 2

Date…….

Describe 2 advantages and 2 disadvantages of using plyometric training. (4)

Answer:-

WEEK 3

Date…….

Describe how a 1500m runner could apply the FITT principle to their training programme (4)

Answer:-

WEEK 7

Date…….

Explain why rest and recovery and variation are important when creating a training programme? (4)

Answer:-

WEEK 8

Date…….

Ethan's coach is creating a training plan for him. Ethan is 28 years old. What is Ethan's maximum heart rate and what are his aerobic training zones? (4)

Answer:-

WEEK 9

Date…….

Ruth is a boxer in the heavyweight division, when performing free weight training explain what intensity she should train at. (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 7

Questions	Notes

Summary

Date / / **Topic**

Questions	Notes

Summary

Revision Page

Revision Page

Revision Page

Revision Page

Revision Page

Revision Page

Revision Page

Revision Card on fitness tests	Answers
1. Identify 3 body composition tests. 2. Identify 2 aerobic endurance tests. 3. Identify 2 muscular endurance tests. 4. Identify a test for power. 5. Identify a test for flexibility. 6. Identify a test for speed. 7. Identify a test for muscular strength.	

Revision Card on principles of training	Answers
1. Define frequency. 2. Define intensity. 3. Define time. 4. Define type. 5. What is the acronym for the additional principles of training?	

Revision Card on Long term adaptations of exercise	Answers
1. Identify the equation for MHR. 2. Identify the training zones for aerobic endurance. 3. When free weight training, what rep count and weight is used for: muscular endurance, power and muscular strength.	