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| **Day** | **Key Questions to revise.** |
| **Wednesday 22nd October** | BTEC Support session in B16  Can you name all the components of physical related fitness?  Can you name all the components of skill related fitness?  Attempt 2 of the multiple choice questions on www.fhspe.weebly.com |
| **Thursday 23rd October** | BTEC Support session in B16  Can you define all of the components of physical related fitness?  Can you give sports examples of where each component is important? |
| **Friday 24th October** | Can you define all of the components of skill related fitness?  Can you give sports examples of where each component is important?  Attempt 1 of the 8 mark questions on www.fhspe.weebly.com |
| **Saturday 25th October** | Pre-test protocol; validity, reliability, practicality, calibration and PAR-Q- What are these? Why are they all important?  Attempt 2 of the 2 or 4 mark questions on www.fhspe.weebly.com |
| **Sunday 26th October** | Can you define all the skill and physical components of fitness?  What are the 3 stages of a warm up?  What are the 3 stages of a cool down?  What are the different types of stretching that you will do ?  Attempt the same 8 mark question that you did on Friday; did you do any better? |
| **Monday 27th October** | *School revision session if instructed to attend.*  How would you find out a person’s levels of fitness?  Name the 3 different types of body composition and the sports that best suit each.  Name the 3 different types of speed, and when each type would be used. |
| **Tuesday 28st October** | *School revision session if instructed to attend.*  Can you name, describe and give advantages and disadvantages of the Multi Stage fitness test, and the Forestry step test?  What component of fitness do the Multi Stage fitness test and Forestry step test measure?  Define VO2 Max and how it is measured?  Attempt 3 of the questions on www.fhspe.weebly.com |
| **Wednesday 29th October** | Can you name, describe and give advantages and disadvantages of the Sit & Reach test and Grip Dynamometer?  Which components of fitness are measured by Sit & Reach test and Grip Dynamometer? |
| **Thursday 30th October** | Can you name, describe and give advantages and disadvantages of the 35 metre sprint test and Illinois agility run test?  Can you name, describe and give advantages and disadvantages of the Vertical Jump Test?  Attempt a different 8 mark question on www.fhspe.weebly.com |
| **Friday 31st October** | What are the two fitness tests for Muscular Endurance?  Compare the two tests and discuss them  Define all of the skill related components of fitness, linking them to a fitness test and sport they are required in. |
| **Saturday 1st November** | Describe and compare the 3 different fitness tests for Body Composition?  Link all 12 Fitness tests to the component of fitness that they measure.  How would you improve each of the components of fitness?  What information do you use to design a training programme?  Attempt 5 questions on www.fhspe.weebly.com |
| **Sunday 2nd November** | What are the FITT principles of training?  What are the additional principles of training?  Describe the 3 methods of Flexibility training, and methods of strength, muscular endurance and power training. |
| **Monday 3rd November** | Describe the methods of aerobic endurance training and speed training.  Ensure you know the differences in the types of speed training.  Be able to define all the components of fitness, tests that measure each component of fitness and method of training to improve each component of fitness.  Attempt 2 more 8 mark questions on www.fhspe.weebly.com and a 4 mark question. |
| **Tuesday 4th November** | BTEC Support session in B16 |
| **Wednesday 5th November** | Know and be able to use Borg scale RPE, and Heart Rate as a method to measure exercise intensity.  Know how to predict your target training zones using the training pyramid and HR max.  Being able to calculate Aerobic Training zone using 60-85% HR max.  Know that the RPE/Borg scale is a 6-20 scale.  What is the relationship between RPE and HR? |
| **Thursday 6th November** | BTEC Support session in B16 |
| **Friday 7th November** | Be able to apply to the FITT and additional principles of training to each training method and exercise situation.  Revisit all revision, and attempt exam questions. |
| **Saturday 8th November** | BTEC Support session by invite. |
| **Sunday 9th November** | Revisit all revision, and attempt exam questions. |
| **Monday 10th November** | Revisit all revision, and attempt exam questions. |
| **Tuesday 11th November** | BTEC Support session in B16 |
| **Wednesday 12th November** | Revisit all revision, and attempt exam questions. |
| **Thursday 13th November** | BTEC Support session in B16 |
| **Friday 14th November** | Revisit all revision, and attempt exam questions. |
| **Saturday 15th November** | BTEC Support session by invite. |
| **Sunday 16th November** | Revisit all revision, and attempt exam questions. |
| **Monday 17th November** | Revisit all revision, and attempt exam questions. |
| **Tuesday 18th November** | Revisit all revision, and attempt exam questions. SOME HAVE EXAM. |
| **Wednesday 19th November** | Revisit all revision, and attempt exam questions. SOME HAVE EXAM. |
| **Thursday 20th November** | Revisit all revision, and attempt exam questions. SOME HAVE EXAM. |