

Subject: Sports Science	Year Group: 13
Spring 1 – Curriculum Plan	Homework Plan
<p>Topics:</p> <p>TASK 2 Presentation, test administration and review Prepare a presentation for the head coach that justifies the fitness tests that you have selected to carry out on your team or individual. This must include six appropriate tests to be carried out.</p> <p>Part 2: Conducting the tests Your roles and responsibilities as a fitness tester are as follows and these are the features which you will be assessed on:</p> <p>Following your presentation you are required to undertake your six selected fitness tests in a safe and effective manner demonstrating skills to ensure the test results are accurate and reliable. This must include video evidence of the test procedures.</p> <p style="text-align: center;"><u>Roles</u></p> <ul style="list-style-type: none"> • Organise equipment and facility • Motivator – ensure you prepare the client for tests including a warm-up, client consultation and pre-test procedures • Maintaining a good rapport with clients • Accurate recording of all results <p style="text-align: center;"><u>Responsibilities</u></p> <ul style="list-style-type: none"> • Risk assessment to be carried out prior to the practical delivery of the fitness testing session • Observation of tests, correct technique, client needs, suitable testing for age, sport and fitness levels • Pre-test checks - on equipment, on client, recording documentation. 	<p><u>Embed</u> Revision of key words used in the Sports Science specification.</p> <p><u>Apply</u> Administer fitness tests demonstrating skills acquired.</p> <p><u>Challenge/Interleaving</u> Fitness tests set as practice to test skills acquired in lessons. Research methods in every lesson in preparation for course work.</p> <p><u>Improve/Go Green</u> Based on the feedback the class has received for their class work, students complete their TPGG task, making sure they address all the EBIs and annotations in their folders.</p>
<p>ASSESSMENT OBJECTIVES:</p> <p>AO1: • Demonstrate knowledge and understanding of the factors that underpin knowledge of conducting fitness tests.</p> <p>AO2: Apply knowledge and understanding of the factors that underpin understanding and application of conducting fitness tests.</p> <p>AO4: Analyse and evaluate the factors that underpin understanding and application of conducting fitness tests.</p> <p>OUTLINE: Pupils will be expected know the key terminology, apply practical examples and analyse performance in a range of activities. Exam questions will be used frequently (exam booklet) in lessons and set as h/w.</p>	