

Flipped Learning – KS4 BTEC Sport Unit 1

Topic Number	Key Focus	Video Links
1	Components of physical fitness	<p>Components of Fitness summarised: https://vimeo.com/channels/1169838/195316524</p> <p>Aerobic Endurance: https://vimeo.com/channels/1169838/195311495</p> <p>Muscular Endurance: https://vimeo.com/channels/1169838/195323133</p> <p>Flexibility: https://vimeo.com/channels/1169838/195320665</p> <p>Muscular Strength: https://vimeo.com/channels/1169838/195325353</p> <p>Speed: https://vimeo.com/channels/1169838/195326706</p> <p>Body Composition: https://vimeo.com/channels/1169838/195315185</p> <p>Importance of Components of Fitness: https://vimeo.com/channels/1169838/195649722</p>
2	Skill-related components of fitness	<p>Skill-related components of fitness summarised: https://vimeo.com/channels/1169838/195331866</p> <p>Agility: https://vimeo.com/channels/1169838/195332621</p> <p>Balance: https://vimeo.com/channels/1169838/195333801</p> <p>Coordination: https://vimeo.com/channels/1169838/195334672</p> <p>Power: https://vimeo.com/channels/1169838/195335675</p> <p>Reaction Time: https://vimeo.com/channels/1169838/195336466</p> <p>Importance of Components of Fitness: https://vimeo.com/channels/1169838/195649722</p>
3	Exercise Intensity	<p>Exercise Intensity summarised: https://vimeo.com/channels/1169838/195651940</p> <p>Heart Rate Ranges: https://vimeo.com/channels/1169838/195652499</p>

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		<p>Borg Scale: https://vimeo.com/channels/1169838/195653219</p> <p>Application of FITT: https://vimeo.com/channels/1169838/195654365</p>
4	Principles of Training	<p>Basic Principles of Training summarised: https://vimeo.com/channels/1169838/195655143</p> <p>Additional Principles of Training summarised: https://vimeo.com/channels/1169838/195656991</p>
5	Training Methods	<p>Requirements of Fitness Training Methods: https://vimeo.com/channels/1169838/196147533</p> <p>Static Stretching (Flexibility): https://vimeo.com/channels/1169838/196146151</p> <p>Ballistic Stretching (Flexibility): https://vimeo.com/channels/1169838/196148953</p> <p>PNF Stretching (Flexibility): https://vimeo.com/channels/1169838/196150111</p> <p>Circuit Training (Muscular): https://vimeo.com/channels/1169838/196154367</p> <p>Free Weight Training (Muscular): https://vimeo.com/channels/1169838/196162044</p> <p>Plyometric (Muscular): https://vimeo.com/channels/1169838/196166100</p> <p>Continuous Training (Aerobic Endurance): https://vimeo.com/channels/1169838/196152049</p> <p>Fartlek Training (Aerobic Endurance): https://vimeo.com/channels/1169838/196153376</p> <p>Aerobic Interval Training (Aerobic Endurance): https://vimeo.com/channels/1169838/196159134</p> <p>Aerobic Circuit Training (Aerobic Endurance): https://vimeo.com/channels/1169838/196419335</p> <p>Hollow Sprints (Speed): https://vimeo.com/channels/1169838/196416468</p> <p>Accelerated Sprints (Speed): https://vimeo.com/channels/1169838/196416880</p>

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		Speed Interval Training (Speed): https://vimeo.com/channels/1169838/196420697
6	Fitness Testing	Reasons for Fitness Testing: https://vimeo.com/channels/1169838/196421729 Sit and Reach (Flexibility): https://vimeo.com/channels/1169838/196422590 MSF Test (Aerobic Endurance): https://vimeo.com/channels/1169838/196425287 Hand Grip Dynamometer (Muscular Strength): https://vimeo.com/channels/1169838/196427784