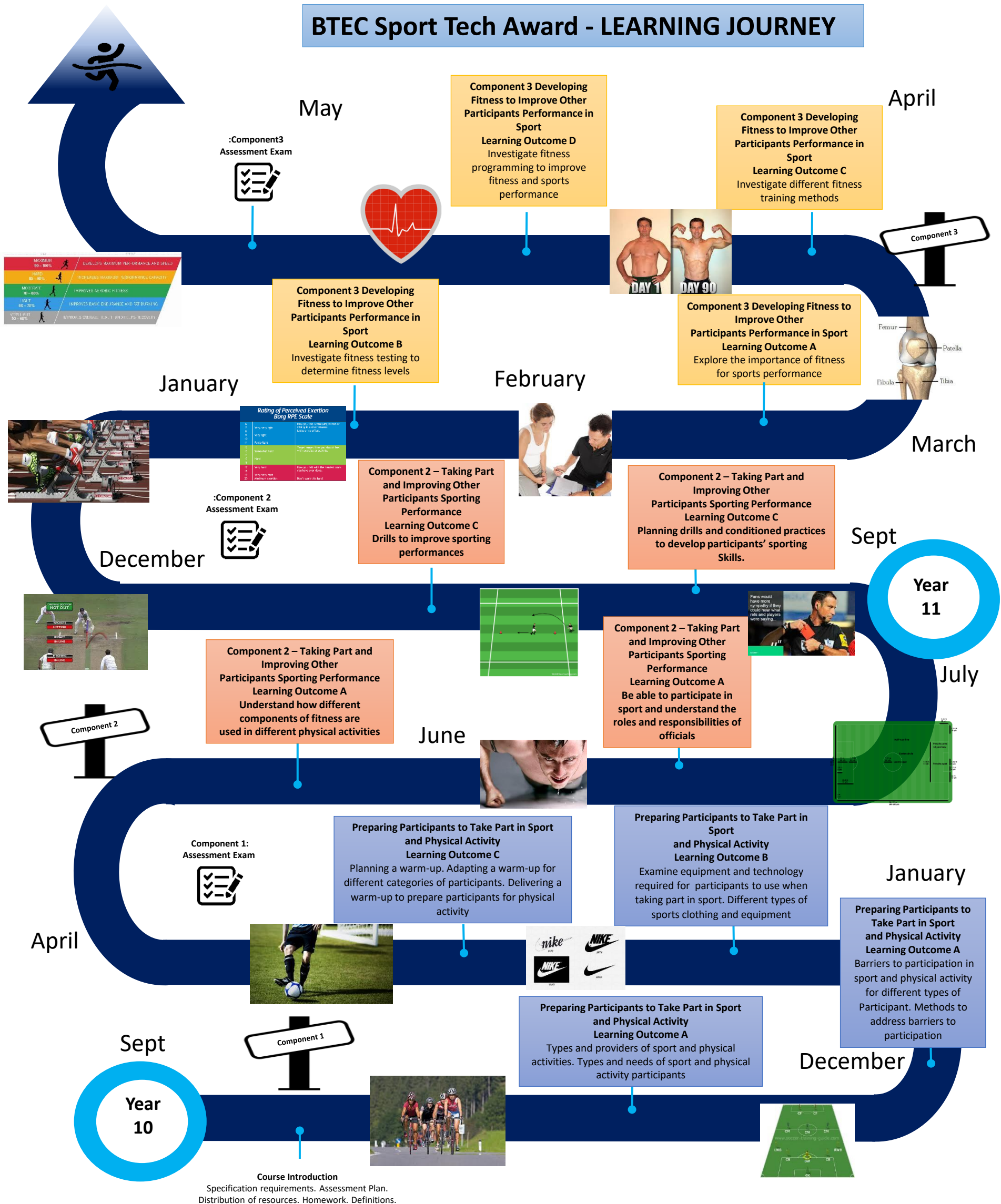


BTEC Sport Tech Award - LEARNING JOURNEY



| PERCENTAGE | DEVELOPS |
|------------|--|
| 90-100% | DEVELOPS (MAXIMUM PERFORMANCE AND SPEED) |
| 80-90% | IMPROVES (ENDURANCE, STRENGTH AND SPEED) |
| 70-80% | IMPROVES AEROBIC FITNESS |
| 60-70% | IMPROVES BASIC ENDURANCE AND FAT BURNING |
| 50-60% | IMPROVES OVERALL HEALTH AND FITNESS |

| Rating of Perceived Exertion Borg RPE Scale | |
|---|-----------------------------------|
| 9-10 | Very light |
| 11-12 | Light |
| 13-14 | Some effort |
| 15-16 | Light to moderate effort |
| 17-18 | Moderate effort |
| 19-20 | Hard |
| 21-22 | Very hard |
| 23-24 | Very very hard |
| 25 | Very very hard (Maximum exertion) |

