



Topic: Health and Fitness

Health and Fitness		Progress		
Topic	Key ideas	R	A	G
Health and Fitness	Describe a range of components of fitness and the fitness tests for these.			
	Describe the short term effects of exercise and how fitness can help improve health. Describe different training methods.			
	Describe the importance of a warm up and cool down before a fitness session. Explain what precautions can be taken to prevent injury.			
	Describe what happens to heart rate during exercise and discuss if different types of exercise affect it differently linking to training methods.			
	Describe different training methods used over unit of work and explain the benefits of exercise.			

Lesson	Learning Focus	Assessment	Key Words
1	Fitness testing. What is fitness? Components of fitness and fitness testing.	Formative assessment through questioning and observation.	Power; Speed; Coordination; Reaction time; Agility; Cardiovascular Endurance; Strength; Balance; Flexibility.
2	Aerobics/ Boxercise/ Fartlek training. Focus on short term effects of exercise and discussions around different types of training methods.	Formative assessment through questioning and observation.	Stroke volume; tidal volume; blood pressure; lactic acid; oxygen; carbon dioxide; training methods.
3	Design a warm-up and cool down to a circuit training session. Perform a circuit training/boot camp style session incorporating discussion around injury prevention.	Formative assessment through questioning and observation.	Pulse raiser; dynamic stretching; mental preparation; range of movement; injury; recovery; DOMS; health and safety; diet; hydration.
4	HIIT Training/Fitness session. Recap immediate effects of exercise and training methods-how does our heart rate change during exercise?	Formative assessment through questioning and observation.	Stroke volume; cardiac output; heart rate; maximum heart rate; aerobic; anaerobic.
5	Fitness Team Challenge. Focus on the benefits of exercise. Recap fitness theory throughout lesson.	Formative assessment through questioning and observation.	As seen above.