

High Tunstall College of Science Curriculum Intent

Subject: Physical Education Year: 9 Half



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. Explain how different people might be motivated to do exercise.			
	Describe the short term effects of exercise and how fitness can help improve health. Describe how exercise links to stress management.			
	Describe the importance of a warm up and cool down before a fitness session. State muscle names being used during different exercises.			
	Describe different types of movement linking to exercise.			
	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. Link of fitness sessions to different types of motivation.	Formative assessment through questioning and observation.	Power; Speed; Coordination; Reaction time; Agility; Cardiovascular Endurance; Strength; Balance; Flexibility; Intrinsic/Extrinsic motivation.
2	Aerobics/ Boxcercise/ Fartlek training. Focus on short term effects of exercise and discussions around stress management.	Formative assessment through questioning and observation.	Stroke volume; tidal volume; blood pressure; lactic acid; oxygen; carbon dioxide; endorphins.
3	Design a warm-up and cool down to a circuit training session. Perform a circuit training/boot camp style session incorporating discussion around muscles used during exercises.	Formative assessment through questioning and observation.	Pulse raiser; dynamic stretching; mental preparation; range of movement; injury; recovery; DOMS; muscle names.
4	HIIT Training/Fitness session. Recap muscles and discussion around basic movement types linking to exercise being performed.	Formative assessment through questioning and observation.	Muscles; Flexion; Extension; Abduction; Adduction; Rotation.
5	Fitness Team Challenge. Focus on the benefits of exercise. Recap fitness theory throughout lesson.	Formative assessment through questioning and observation.	As seen above.