



Topic: Health and Fitness

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

Lesson	Learning Focus	Assessment	Key Words
1	What is health and fitness ? Discussion of different types of fitness sessions. Fitness session linking to immediate effects of exercise.	Formative assessment through questioning and observation.	Heart rate; breathing rate; stroke volume; tidal volume; sweating; temperature.
2	Aerobics/ Boxcercise. Focus on short term effects of exercise.	Formative assessment through questioning and observation.	Stroke volume; tidal volume; blood pressure; lactic acid; oxygen; carbon dioxide.
3	Design a warm-up and cool down to a circuit training session. Recap immediate effects of exercise and perform a circuit training/boot camp style session.	Formative assessment through questioning and observation.	Pulse raiser; dynamic stretching; mental preparation; range of movement; injury; recovery; DOMS.
4	HIIT Training/Fitness session. Recap immediate effects of exercise-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.