

# High Tunstall College of Science Curriculum Intent

Subject: Health and Fitness Year: KS3



## Topic: Health and Fitness

	Basketball	Progress		
Topic	Key ideas	R	A	G
<b>Health and Fitness . Incorporation of KS3 topics in all lessons.</b>	Developing knowledge of Tabata training			
	Developing knowledge of components of fitness– Agility			
	Developing knowledge of components of fitness– Strength			
	Developing knowledge of training zones- Aerobic training			
	Developing knowledge of training zones-Anaerobic training			
	Developing knowledge of weight training			
	Effectively designing a training session (Circuit training)			

Lesson	Learning Focus	Assessment	Key Words
1	Development of knowledge of interval/ Tabata training. Completing Tabata session using rest time effectively.	Work submitted by students. Engagement using the chat function.	Tabata, interval, intensity.
2	Homecourt– Understanding the key term agility. Students to take part in several agility competitive activities.	Work submitted by students. Engagement using the chat function.	Agility, direction, balance, speed
3	Developing knowledge around sets and reps and understanding how to develop strength.	Work submitted by students. Engagement using the chat function.	Sets, reps, strength, maximal strength, endurance
4	Using heart rate to establish which training zone students are working in. Developing knowledge around aerobic training zone and the link with aerobic fitness.	Work submitted by students. Engagement using the chat function.	Aerobic, stamina, cardiovascular endurance.
5	Using heart rate to establish which training zone students are working in. Developing knowledge around aerobic training zone and the link with anaerobic fitness.	Work submitted by students. Engagement using the chat function.	Anaerobic, energy, oxygen
6	Introduction of weight training . Developing knowledge around sets and reps and understanding how to develop strength. Identification of strength and muscular endurance differences.	Work submitted by students. Engagement using the chat function.	Interval training,, maximum strength, endurance. Weight, resistance
7	Ultimate team circuit training. Students to develop their own training plan by choosing their ultimate team. Understanding of rest and work periods	Work submitted by students. Engagement using the chat function.	Stations, interval.