

High Tunstall College of Science Curriculum Intent

Subject: Physical Education Year: 10 Half



Topic: Health and Fitness

| | Health and Fitness | Progress | | |
|-------|---|----------|---|---|
| Topic | Key ideas | R | A | G |
| | I can define the terms health and fitness and the relationship between them. | | | |
| | I can describe the components of fitness and apply them to sport. | | | |
| | I can explain the different fitness tests and describe the advantages and disadvantages of these. | | | |

| Lesson | Learning Focus | Assessment | Key Words |
|--------|----------------------------------|---|--|
| 1 | Health and Fitness | Topic Test | Health; Fitness; Sedentary; Obesity |
| 2 | Components of Fitness | Topic Test | Agility; Balance; Cardiovascular Endurance; Coordination; Flexibility; Muscular Endurance; Power; Reaction Time; Strength (maximal, static, dynamic and explosive); Speed. |
| 3 | Fitness Tests | Topic Test | Reliability; Specificity; Validity; Quantitative; Qualitative |
| 4 | Exam Question Technique Practice | Peer and Teacher, Formative During lesson using model answers/KAI Scaffolding | Knowledge, Apply Impact |
| 5 | Topic Test | Summative | KAI |