

PE Department

Year: 2022- 2023

Topic: Fitness

Learning Journey

Prior learning:

Students will have had PE lessons, non specific to fitness . Students know how to warm up and cool down. The main muscles being used.

<i>Learning sequence – Fitness Year 9</i>						<i>Endpoint</i>
<i>Main learning steps</i>	<u>Fitness testing.</u> What are the starting levels for each student. Measuring resting and working heart rate (HR)	<u>Cooper run</u> Test students cardiovascular endurance. 12 min continuous run, around a 100m circuit. To look at recovery after exercise.	<u>Circuit training</u> How to set up a circuit. How to take part with activity and then rest periods. Thinking about what do we need to work on. Take resting and working heart rate. Work out Max Heart rate and training thresholds.	<u>Yoga</u> To look at the benefits for flexibility, muscular strength and endurance. Also the benefits to mental well being. Look at components of fitness being used and how these help in everyday life.	<u>Zumba / Aerobics</u> To look at fun creative ways to exercise. Using music to increase enjoyment	Students will have an understanding of what it is to be healthy and ways to exercise as an individual. This is to move with them throughout life. Know how to measure HR and understand the components of fitness and how they benefit everyday activities.

Assessment	self-assessment Results sheet will be completed and students will look at their scores against the national average. Verbal feedback from teacher	Peer assessed Students to mark how many laps their partner completes. Students to compare to the national average. Know how to take heart rate and what component of fitness has been worked and how.	Peer assessment Is my partner completing all activities using correct technique. Are they making sure they are continuing the exercise throughout the working time limit. Verbal feedback from teacher on technique and encouragement.	Self assessment- How do I feel afterwards, relaxed, grounded, stronger. What did I find difficult? When could I use this exercise in my daily life? How has yoga affected HR. What components of fitness have been worked.	Verbal feedback Self assessment Take HR Training threshold	Summative assessment. Students can describe different fitness tests. The components of fitness that are needed to be healthy Understand how Resting, working heart rate is calculated and how recovery is measured.
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Where will we use these ideas again:

Students will use the knowledge in GCSE PE.

Students can also transfer the information to later life and how to stay active when not in team sports.