



**Years
7-14**

**Pathway
1-3**

**Fitness
Spring Term**

Learning Intention:

Using a variety of cardiovascular machines and exercise equipment pupils will be taught:

- The importance of living a healthy and active lifestyle
- How to exercise safely
- Exercises specific to different areas of the body or energy systems
- The principles of training
- How to tailor exercises to meet their individual goals

Key knowledge that should be learned during this SoW

All

Most

Some

Concept:

- Developing the mindset of pupils so that they can be determined enough in order to experience the effects of:
 - Prolonged exercise
 - Intense exercise
 - Resistance exercise
- Developing an understanding of how to live a healthy and active lifestyle

Knowledge:

- | | | |
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| <ul style="list-style-type: none"> ● Main body parts ● Position of | <ul style="list-style-type: none"> ● Function of heart and lungs | <ul style="list-style-type: none"> ● Principles of training ● Components of |
|--|---|---|

	<p>heart</p> <ul style="list-style-type: none"> • Names of exercises • Names of machines 	<ul style="list-style-type: none"> • Exercises that work different parts of the body • The effects of exercise 	<p>fitness</p> <ul style="list-style-type: none"> • Different types of training • The effect of diet has on performance and recovery
Key Skills:	<ul style="list-style-type: none"> • Body tension • Bilateral movements • Unilateral movements 	<ul style="list-style-type: none"> • Flexibility • Power • Coordination • Speed 	<ul style="list-style-type: none"> • Balance
Language and/or communication skills:	<ul style="list-style-type: none"> • Tired • Hot • Out of breath • Heart • Pulse 	<ul style="list-style-type: none"> • Increase heart rate • Increase breathing rate • Increase temperature • Decreased energy 	<ul style="list-style-type: none"> • Cardiovascular • S.P.O.R.T. • Fuel • Carbohydrates • Fats • Proteins • Glucose • Aerobic • Anaerobic • Strength • Endurance

			<ul style="list-style-type: none">● Flexibility● Body composition
Curricular Links	<ul style="list-style-type: none">● PSHE: Personal hygiene pre/post lesson; healthy, active lifestyles● Science: bodily systems; human anatomy; effect of diet		