**Colton Hills Community School medium term planning – Physical Education – Exercising Potential**

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| **Topic title:**  **Fitness** | **Year: 7 – Confidence** To find the confidence to take responsibility for their own fitness **Term:** **Autumn - Spring** | **Why we teach this:** Fitness forms a key part of our wider school PE curriculum. It gives pupils the tools to lead a healthy and physically active lifestyle. | **Why we teach this here:** We teach this unit in Year 7 to begin to give students confidence to take responsibility for their own fitness inside and outside of school. | |
| **Big questions:**   1. How do I use fitness equipment safely? 2. How does exercising affect my body? 3. How do I measure my heart rate and what happens to it when I exercise? 4. Have I got the confidence to perform a variety of exercises correctly? 5. What different types of fitness can I take part in? 6. Have I got the confidence to set up my own fitness session? | | **Builds on previous topics:**  Links to any previous knowledge and understanding of fitness taught at primary school or fitness they have participated in outside of school. | **Links to future topics:** It will allow students to gain an understanding and knowledge of a healthy lifestyle and how to stay active inside and outside of school. It also links to KS4/5 BTEC. | |
| **Key knowledge:**   * Understand why we need to use fitness equipment safely * Understand what could happen if fitness equipment is not used safely * Understand how to measure your heart rate * Understand what happens to your heart rate when you exercise * Understand the correct technique needed to perform a variety of different exercises * Understand what different types of fitness training there are * Understand how to set up your own fitness session | **Key knowledge continued:**  **LPA**   * To know the reasons why we must use equipment safely * To be able know the 2 main places you can take your heart rate * To be able to perform a variety of exercises correctly with the support of the teacher   **MPA**   * To demonstrate that I can use a variety of equipment safely with teacher support * To be able measure your Heart Rate * To be able to perform a variety of exercises correctly   **HPA**   * To use equipment safely * To be able to explain what happens to your Heart Rate during exercise and the reasons for it * To be able to independently decide what exercises to complete as part of a workout | |
| **Skills developed:**   * Practical Skills to complete exercises correctly * Being physically active for sustained periods of time * Develop confidence to perform different exercises using the correct technique * Develop confidence to improve their fitness levels by using a variety of exercises * Develop an understanding of how the human body reacts and responds to exercise * Develop an understanding of the different types of fitness | |
| **Mini/Interim assessments:**   * Initial baseline assessment to determine prior knowledge and which track pupils are on   **End of unit assessment** – Final assessment conducted at the end of the unit using the assessment criteria. | | **Independent study tasks/resources:**  Week 1 – Why should we take part in fitness- short term benefits  Week 2 – Why should we take part in fitness- long term benefits  Week 3 – Bodyweight exercises to complete at home  Week 4 – Circuit Training  Week 5 – HIIT Training  Week 6 – Muscular Endurance Training | **Key vocabulary 1:**  Fitness  Physical Fitness  Heart Rate  Pulse  Heart  Lungs  HIIT Training  Tabata  Muscular Endurance  Circuit Training  Stations  Warm up  Stretches  Cool Down  Rower  X-Bike  Trampolines  Steps  Aerobic  Cardiovascular | **Key vocabulary 2:**  Muscles  Gastrocnemius  Hamstring  Quadriceps  Biceps  Triceps  Deltoids  Pectorals  Abdominals  Bicep Curls  Tricep Dips  Squats  Lunges  Core  Plank  Sit up  Crunches |
| **Cultural capital opportunities:**  **Social:** Can I work in a group situation when completing exercises?  **Moral**: Can I follow the correct procedure when completing exercises to make sure I am safe?  **Spiritual**: How can taking part in fitness make me feel better?  **Cultural:** How does your culture affect what fitness you take part in? | | **Whole school Curricular Concept links:**  **Civic Responsibility** – focus on how good fitness levels can benefit society.  **Cultural Diversity** – explore differences in cultures attitude to fitness  **Health Living** – focus on how fitness can be positive for a healthy lifestyle  **Artistic Creativity** –develop a creative and varied approach to the fitness you participate in |