**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
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| **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
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| **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 benefitsWeek 2 – Why should we take part in fitness- long term benefitsWeek 3 – Bodyweight exercises to complete at homeWeek 4 – Circuit TrainingWeek 5 – HIIT TrainingWeek 6 – Muscular Endurance Training | **Key vocabulary 1:**FitnessPhysical FitnessHeart RatePulseHeartLungsHIIT TrainingTabataMuscular EnduranceCircuit TrainingStationsWarm upStretchesCool DownRowerX-BikeTrampolinesStepsAerobicCardiovascular | **Key vocabulary 2:**MusclesGastrocnemiusHamstringQuadricepsBicepsTricepsDeltoidsPectoralsAbdominalsBicep CurlsTricep DipsSquatsLungesCorePlankSit 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 |