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

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| **Topic title:****Fitness**  | **Year: 10- Competition**To be competitive when trying to improve different components of fitness through a variety of training methods**Term:** **Autumn - Spring** | **Why we teach this:**Fitness forms a key part of our wider school PE curriculum. It also links to the BTEC course taught at Level 2 and 3. | **Why we teach this here:**We teach this unit in Year 10 to give pupils the opportunity to be competitive when trying to improve different components of their fitness. Training methods and components of fitness is taught as part of the BTEC Sport course. |
| **Big questions:**1. What training methods can I use to improve my Speed?
2. What training methods can I use to improve my Aerobic Endurance?
3. What training methods can I use to improve my Muscular Strength?
4. What training methods can I use to improve my Muscular Endurance?
5. What training methods can I use to improve my Power?
6. What training methods can I use to improve my Agility?
 | **Builds on previous topics:**Linked to the work carried outin Year 9 on components of fitness and training methods. | **Links to future topics:**Gives subject specific terminology needed for BTEC sport content. |
| **Key knowledge:*** Understand training methods that can improve Speed and how to set them up
* Understand training methods that can improve Aerobic Endurance and how to set them up
* Understand training methods that can improve Muscular Strength and how to set them up
* Understand training methods that can improve Muscular Endurance and how to set them up
* Understand training methods that can improve Power and how to set them up
* Understand training methods that can improve Agility and how to set them up
* Understand how to run a training session to improve a specific component of fitness
 | **Key knowledge continued:****LPA*** To be able to name different components of fitness and how we can improve them
* To be able to take part in different training sessions to improve a specific component of fitness

**MPA*** To be able to explain the different training methods and exercises we can use to improve a specific component of fitness
* To be able to take part in different training sessions to improve a specific component of fitness showing a competitive nature

**HPA*** To be able to set up training sessions for the class working on improving 1 component of fitness
* To be able to evaluate the training sessions you took part in highlighting strengths and weaknesses
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| **Skills developed:*** Practical Skills to complete different training methods
* Being physically active for sustained periods of time
* Develop a competitive nature to improve their fitness levels by using a variety of training methods
* Communication Skills when running a training session
* Confidence to try new training methods
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| **Mini/Interim assessments:*** Initial baseline assessment
* Final assessment conducted at the end of the unit

**End of unit assessment** – Final assessment conducted at the end of the unit using the assessment criteria. | **Independent study tasks/resources:**Week 1 – Speed Training ProgrammesWeek 2 – Aerobic Endurance Training ProgrammesWeek 3 – Muscular Strength Training ProgrammesWeek 4 – Muscular Endurance Training ProgrammesWeek 5 – Power Training ProgrammesWeek 6 – Agility Training Programmes | **Key vocabulary 1:*** Training methods
* Continuous training
* Fartlek training
* Interval training
* Circuit training
* Aerobic Endurance
* Weight Training
* Plyometrics
* Acceleration sprints
* Hollow sprints
 | **Key vocabulary 2:*** Speed
* Power
* Agility
* Muscular Endurance
* Muscular Strength
* Reps
* Load
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| **Cultural capital opportunities:** **Social:** Can I work in a group situation when participating in different training sessions?**Moral**: Can I follow the correct procedure when completing different training methods?**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 |