

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

Topic title: Fitness	Year: 9- Competence To have the competence to design your own circuit. 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 9 to give pupils the knowledge and competence to take part in different training methods. This is taught in as part of the BTEC Sport course.
Big questions: 1) Describe the characteristics of circuit training? 2) What are the key features of interval and fartlek training? 3) What training methods improve speed? 4) What is the difference between training for strength and muscular endurance? 5) What is plyometric training? 6) What makes an effective circuit?		Builds on previous topics: Linked to the work carried out in Year 8 on components of fitness. Training methods are taught in BTEC.	Links to future topics: Gives subject specific terminology needed for BTEC sport content.
		Key knowledge: - Understand what circuit training is and the benefits of it - Understand how to set up an effective circuit - Understand how we set up and take part in interval training - Understand how we set up and take part in fartlek training - Understand how muscular strength and muscular endurance training differs - Understand what plyometric training is and how to take part in it	Key knowledge continued: <u>LPA</u> - To be able to take part in a circuit set by your teacher - To be able to take part in different training methods set by your teacher <u>MPA</u> - To be able to design a circuit to take part in - To be able to match which training methods are best in different sports - To be able to set your own training sessions using a variety of training methods <u>HPA</u> - To be able to evaluate the effectiveness of the circuit that you designed - To be able explain which training methods are best in different sports - To be able to evaluate your own training sessions using a variety of training methods
Skills developed: - Practical Skills to complete different training methods - Being physically active for sustained periods of time - Develop competence to improve their fitness levels by using a variety of training methods - Decision making skills for setting up their own circuit			

<p>Mini/Interim assessments:</p> <ul style="list-style-type: none"> - Initial baseline assessment to determine prior knowledge and which track pupils are on <p>End of unit assessment – Final assessment conducted at the end of the unit using the assessment criteria and evidence from the Knowledge Organiser.</p>	<p>Independent study tasks/resources:</p> <p>Week 1 – Circuit Training Week 2 – Interval and Fartlek Training Week 3 – Speed Training Workouts Week 4 – Muscular Endurance/Muscular Strength Workout Week 5 – Plyometric Training Workout Week 6 – Designing your own circuit</p>	<p>Key vocabulary 1:</p> <ul style="list-style-type: none"> • Training methods • Continuous training • Fartlek training • Interval training • Circuit training • Aerobic Endurance • Flexibility • Weight Training • Plyometrics 	<p>Key vocabulary 2:</p> <ul style="list-style-type: none"> • Acceleration sprints • Hollow sprints • Muscular Endurance • Muscular Strength • Reps • Load
<p>Cultural capital opportunities:</p> <p>Social: Can I work in a group situation when participating in different training sessions?</p> <p>Moral: Can I follow the correct procedure when completing different training methods?</p> <p>Spiritual: How can taking part in fitness make me feel better?</p> <p>Cultural: How does your culture affect what fitness you take part in?</p>	<p>Whole school Curricular Concept links:</p> <p>Civic Responsibility – focus on how good fitness levels can benefit society</p> <p>Cultural Diversity – explore differences in cultures attitude to fitness</p> <p>Health Living – focus on how fitness can be positive for a healthy lifestyle</p> <p>Artistic Creativity –develop a creative and varied approach to the fitness you participate in</p>		