

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

<p>Topic title: Fitness</p>	<p>Year: 11- Challenge To challenge pupils to take responsibility for their own fitness and the fitness of others. Term: Autumn - Spring</p>	<p>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.</p>	<p>Why we teach this here: We teach this unit in Year 11 to challenge pupils to be responsible for another pupils' fitness by acting as their Personal Trainer. Pupils are also challenged to think about their own fitness and how it can be improved.</p>
<p>Big questions:</p> <ol style="list-style-type: none"> 1) Why is it important to take responsibility for my own fitness? 2) Can I design my own training sessions choosing exercises which will help me improve my fitness? 3) What is the role of a Personal Trainer? 4) What qualities do you need to be a Personal Trainer? 5) Can I train my client safely by creating a training session? 6) Can I evaluate how effective I was in the role of a Personal Trainer? 	<p>Builds on previous topics: Linked to the work carried out in Year 10 on different training methods that can help improve specific components of fitness.</p>	<p>Links to future topics: Gives subject specific terminology needed for BTEC sport content.</p>	
<p>Skills developed:</p> <ul style="list-style-type: none"> - Practical Skills to complete different fitness sessions - Challenging yourself to improve your fitness levels - Being physically active for sustained periods of time - Communication skills- speaking with a client and finding out what they want from their Personal Trainer session - Confidence to take on the role of a PT - Developing qualities specific for a Personal Trainer whilst training a client - Decision making skills for deciding what to include in your client's session 	<p>Key knowledge:</p> <ul style="list-style-type: none"> - Evaluate your own fitness level - Understand what targets you would like to set for own fitness - Understand how to design an effective training programme that challenges you - Understand what role a Personal Trainer has - Understand what qualities are important when you are a Personal Trainer - Understand how to put together a training session for a client - Evaluate how effective your training session was for your client 	<p>Key knowledge continued:</p> <p><u>LPA</u></p> <ul style="list-style-type: none"> - To be able to highlight an area of their fitness they would like to improve with the support of a teacher - To be able to explain what a Personal Trainer is and the role they have - To be able to create a training session for a client with support from a teacher <p><u>MPA</u></p> <ul style="list-style-type: none"> - To be able to critically analyse their fitness levels, giving area they would like to improve - To be able to name some qualities that are essential for a Personal Trainer - To be able to create a training session for a client <p><u>HPA</u></p> <ul style="list-style-type: none"> - To critically analyse their fitness level and put a plan in place to how they are going to improve their fitness - To be able to explain what qualities are essential for a Personal Trainer to have - To be able to create a training programme specific to the needs of their client and critically evaluate the session 	

<p>Mini/Interim assessments:</p> <ul style="list-style-type: none"> - Initial baseline assessment - Final assessment conducted at the end of the unit <p>End of unit assessment – Final assessment conducted at the end of the unit using the assessment criteria.</p>	<p>Independent study tasks/resources:</p> <p>Week 1 – Effective warm-ups and cool downs Week 2 – Reps and Sets Week 3 – Darebee website- ideas for whole body exercises Week 4 – Darebee website- ideas for leg exercises Week 5 – Darebee website- ideas for upper body exercises Week 6 – Darebee website- ideas for core exercises</p>	<p>Key vocabulary 1:</p> <ul style="list-style-type: none"> • Fitness • Personal Trainer • Client • Communication • Motivation • Patience • Approachable • Considerate • Professional 	<p>Key vocabulary 2:</p> <ul style="list-style-type: none"> • Positive • Knowledgeable • Organisation • Commitment • Energy • Flexible • Passionate • Reps • Sets
<p>Cultural capital opportunities:</p> <p>Social: Can I co-operate with my client in my role as a Personal Trainer?</p> <p>Moral: Can I take into consideration my client’s needs to set up an appropriate Personal Training session for them?</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 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</p>		