

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

<p><b>Topic title:</b> <b>Fitness</b></p>	<p><b>Year: 7 – Confidence</b> To find the confidence to take responsibility for their own fitness <b>Term: Autumn - Spring</b></p>	<p><b>Why we teach this:</b> Fitness forms a key part of our wider school PE curriculum. It gives pupils the tools to lead a healthy and physically active lifestyle.</p>	<p><b>Why we teach this here:</b> 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.</p>
<p><b>Big questions:</b></p> <ol style="list-style-type: none"> <li>1) How do I use fitness equipment safely?</li> <li>2) How does exercising affect my body?</li> <li>3) How do I measure my heart rate and what happens to it when I exercise?</li> <li>4) Have I got the confidence to perform a variety of exercises correctly?</li> <li>5) What different types of fitness can I take part in?</li> <li>6) Have I got the confidence to set up my own fitness session?</li> </ol>	<p><b>Builds on previous topics:</b> Links to any previous knowledge and understanding of fitness taught at primary school or fitness they have participated in outside of school.</p> <p><b>Key knowledge:</b></p> <ul style="list-style-type: none"> <li>- Understand why we need to use fitness equipment safely</li> <li>- Understand what could happen if fitness equipment is not used safely</li> <li>- Understand how to measure your heart rate</li> <li>- Understand what happens to your heart rate when you exercise</li> <li>- Understand the correct technique needed to perform a variety of different exercises</li> <li>- Understand what different types of fitness training there are</li> <li>- Understand how to set up your own fitness session</li> </ul>	<p><b>Links to future topics:</b> 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.</p> <p><b>Key knowledge continued:</b></p> <p><b>LPA</b></p> <ul style="list-style-type: none"> <li>- To know the reasons why we must use equipment safely</li> <li>- To be able know the 2 main places you can take your heart rate</li> <li>- To be able to perform a variety of exercises correctly with the support of the teacher</li> </ul> <p><b>MPA</b></p> <ul style="list-style-type: none"> <li>- To demonstrate that I can use a variety of equipment safely with teacher support</li> <li>- To be able measure your Heart Rate</li> <li>- To be able to perform a variety of exercises correctly</li> </ul> <p><b>HPA</b></p> <ul style="list-style-type: none"> <li>- To use equipment safely</li> <li>- To be able to explain what happens to your Heart Rate during exercise and the reasons for it</li> <li>- To be able to independently decide what exercises to complete as part of a workout</li> </ul>	
<p><b>Skills developed:</b></p> <ul style="list-style-type: none"> <li>- Practical Skills to complete exercises correctly</li> <li>- Being physically active for sustained periods of time</li> <li>- Develop confidence to perform different exercises using the correct technique</li> <li>- Develop confidence to improve their fitness levels by using a variety of exercises</li> <li>- Develop an understanding of how the human body reacts and responds to exercise</li> <li>- Develop an understanding of the different types of fitness</li> </ul>			

<p><b>Mini/Interim assessments:</b></p> <ul style="list-style-type: none"> <li>- Initial baseline assessment to determine prior knowledge and which track pupils are on</li> </ul> <p><b>End of unit assessment</b> – Final assessment conducted at the end of the unit using the assessment criteria.</p>	<p><b>Independent study tasks/resources:</b></p> <p>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</p>	<p><b>Key vocabulary 1:</b></p> <p>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</p>	<p><b>Key vocabulary 2:</b></p> <p>Muscles  Gastrocnemius  Hamstring  Quadriceps  Biceps  Triceps  Deltoids  Pectorals  Abdominals  Bicep Curls  Tricep Dips  Squats  Lunges  Core  Plank  Sit up  Crunches</p>
<p><b>Cultural capital opportunities:</b></p> <p><b>Social:</b> Can I work in a group situation when completing exercises?  <b>Moral:</b> Can I follow the correct procedure when completing exercises to make sure I am safe?  <b>Spiritual:</b> How can taking part in fitness make me feel better?  <b>Cultural:</b> How does your culture affect what fitness you take part in?</p>	<p><b>Whole school Curricular Concept links:</b></p> <p><b>Civic Responsibility</b> – focus on how good fitness levels can benefit society.  <b>Cultural Diversity</b> – explore differences in cultures attitude to fitness  <b>Health Living</b> – focus on how fitness can be positive for a healthy lifestyle  <b>Artistic Creativity</b> –develop a creative and varied approach to the fitness you participate in</p>		