

Topic: Fitness training plan		Duration: 6 x 1hour lessons	Composite: Synoptic task
Key vocabulary:	Core knowledge Components	Powerful knowledge components crucial to commit to long term memory	Links to previous and future topics
Client Training Zone Warm Up Cool Down Mobilise Pulse Raiser Targeted Gradually	<p>4.1 The structure of a Health and Fitness Programme Learners will know and understand the information that should be included in a health and fitness programme. This includes:</p> <ul style="list-style-type: none"> • An overview of the health and fitness programme, with reference to clients' goals (see section 3.1.2 Goal setting) and rest days (see section 1.1.3 Rest and recovery) • Lifestyle analysis and action plan (see sections 1.1 Lifestyle factors and 3.1.1 Health and fitness analysis tools) • Fitness test results (see section 2.1 Fitness testing) • Session cards. <p>4.1.1 The session card Learners will know and understand the information that should be included in a session card. This includes:</p> <ul style="list-style-type: none"> • Warm-up, main activity section and cool down • Training methods (see section 2.2 Training methods) • Activity type • Time, repetitions, sets, weight, intensity levels and rest periods (2.3 Optimising a health and fitness programme) • Heart rate training zone targets for the session (2.3 Optimising a health and fitness programme) • Targeted muscle (see Unit 01 section 1.2.2 Structure of the muscular system). <p>4.1.2 Warm-up/cool down Learners will know and understand the purpose and importance of a warm-up and cool down and be able to apply them to a health and fitness programme. This includes:</p> <ul style="list-style-type: none"> • Benefits of a warm-up o gradually increases heart rate o mobilises joints o increases blood flow to the muscle o prepares muscles for health and fitness activities o can reduce the risk of injury. • Phases of a warm-up, including stretches <ul style="list-style-type: none"> o mobilisation o pulse raiser o stretches – static and dynamic o practice movement. 	<p>Goals – The aim of the plan</p> <p>Session cards – plan of the session to take with you.</p> <p>Warm up – Ready for exercise, prevent injury, increase O2 supply. Mentally prepared.</p> <p>Warm up – Pulse raiser, stretching & rehearsal.</p>	<p>Year 9 introduction booklet. Links to goal setting and SMARTER targets.</p> <p>Links to KS3 and KS\$ HRE units of work.</p>

	<ul style="list-style-type: none"> • Benefits of a cool down o allows breathing rate to return to normal o gradually decreases heart rate o gradually reduces body temperature o removes waste products from the muscles 			
Impressive reading	Impressive speaking	Impressive writing	Resilience	Employability via:
<ul style="list-style-type: none"> • Reding text from whiteboard and textbooks which includes correct terminology. • Key words identified and used regularly within the topics. 	<ul style="list-style-type: none"> • Writing several pieces of extended writing with a wide range of key words and use of impressive Physical Education vocabulary. 	<ul style="list-style-type: none"> • Develop student’s ability to learn effectively. To provide constructive feedback for students to improve and develop their written work 	<ul style="list-style-type: none"> • Re-submit work following feedback to progress the work to a better standard. 	<ul style="list-style-type: none"> • Communication – group and paired activities • Independent thinking • Problem solving • Working under time pressure.
Communication and Interaction Cognition and Learning SEMH Physical/Sensory	<ul style="list-style-type: none"> • Follow HAD seating plan policy. • Ensure work is printed and modified to specific needs of the pupils. • Teacher to use targeted questioning technique to identify understanding and to assess learning. • Teacher to communicate with TA and provide guidance. 			