

Topic: Fitness Testing & Data		Duration: 10 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
Analyse Evaluate Normative Interval Resistance Threshold	<p>2.1.1 Health-related fitness tests This includes:</p> <ul style="list-style-type: none"> • Cardiovascular endurance • Muscular strength • Muscular endurance • Body composition • Flexibility. <p>2.1.2 Skill-related fitness tests This includes:</p> <ul style="list-style-type: none"> • Agility • Speed • Coordination • Power • Balance • Reaction time. <p>2.1.3 Using data Learners will know how to collect, use and analyse data to evaluate levels of fitness. This includes:</p> <ul style="list-style-type: none"> • Normative data • Test and re-test. <p>2.2 Training Methods Learners will know and understand the different training methods and be able to apply them to support individual goals through a health and fitness programme. This includes:</p> <ul style="list-style-type: none"> • Interval • Circuits • Fartlek • Continuous • Resistance and body weight • Cross training – combining 2 or more methods. 	<p>Flexibility – range of movement around a joint.</p> <p>Reaction time – speed that the body can react to a stimulus.</p> <p>Normative data – Average data from a group. Could be national or local.</p> <p>Interval – High intensity work will include rest periods.</p> <p>Fartlek – Range of speeds over a range of terrain or gradients.</p>	<p>Links to the KS3 HRE units of work.</p> <p>Training zones</p> <p>HR</p> <p>Components of fitness</p>

	<p>2.3.1 Heart rate training zones Learners will know and understand heart rate training zones and be able to apply them to support individual goals, through a health and fitness programme. This includes:</p> <ul style="list-style-type: none"> • Aerobic fitness – between 60-80% of MHR • Anaerobic fitness – between 80-100% of MHR. <p>2.3.2 Repetitions and sets Learners will know and understand repetition and sets range and be able to apply them to support individual goals, through a health and fitness programme. This includes:</p> <ul style="list-style-type: none"> • Power – 2-4 reps for 2-4 sets • Muscular strength – 5-8 reps for 2-6 sets • Muscular endurance – 12-20 reps 2-6 sets. 	<p>Aerobic fitness – long distance low intensity. Anaerobic fitness – short distance high intensity.</p>		
<p>Impressive reading</p>	<p>Impressive speaking</p>	<p>Impressive writing</p>	<p>Resilience</p>	<p>Employability via:</p>
<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.
<p>Communication and Interaction Cognition and Learning SEMH Physical/Sensory</p>	<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. 			