

# Topic: KS3 – Fitness Year 7

**Duration:**  
6/7 lessons

**Composite:**

Key vocabulary:

Core knowledge Components – Teaching Points

Powerful knowledge components crucial to commit to long term memory

Links to previous and future topics

**Importance of Health & Fitness**

Health  
Fitness  
Progression  
Physical  
Mental  
Social

Understanding the importance of Health and Fitness relating to exercise

- Understand health: “A complete state of **physical, mental and social** wellbeing and not merely the absence of disease or infirmity (illness)”
- Understand Fitness: Ability to cope with and meet the specific demands of everyday life without undue fatigue.
- Understanding the health benefits of regular exercise:

Physical	Social	Mental
Improves body shape: <b>lose weight / increase muscle mass</b>	Develops vital life skills: <b>teamwork and cooperation</b>	Reduces and <b>relieves stress</b> (tension) – sleep better!
<b>Increase physical fitness</b> – delays fatigue	<b>Socialise</b> with people / make new friends	Increase self-esteem and <b>confidence</b>
Improve efficiency of <b>vital organs</b> (heart / lungs) – less stress e.g. cardiac hypertrophy, bradycardia		Help <b>prevent depression</b> – release of <b>serotonins</b>
Improves <b>posture</b>		Better at dealing & <b>controlling emotions</b>
Decreases risk of some <b>illnesses; obesity, hypertension, type 2 diabetes</b>		

**Methods of Training**

Circuit  
Continuous  
Weight  
Flexibility  
Fartlek

- Understanding the basic Methods of Training
  - Identify what Circuit training is, by explaining the positive and negatives of this type of training.
  - Identify what Continuous training is, by explaining the positive and negatives of this type of training.
  - Identify what Interval training is, by explaining the positive and negatives of this type of training.
  - Identify what weight training is, by explaining the positive and negatives of this type of training.
  - Identify what flexibility training, by explaining the positive and negatives of this type of training.
  - Identify what fartlek training, by explaining the positive and negatives of this type of training.

**Importance of Health & Fitness**

- Understand effects of physical, mental and social wellbeing as a result of good fitness.
- Recognising strengths and weaknesses
- Planning and responsibility for personal fitness

**Methods of Training**

Demonstrate all the different types of training by explaining the positive and negatives of each type of training. This can be explained verbally and

- Health active lifestyle
- Wellbeing
- Communication
- Physical progression.

Link to previous PE lessons to improve fitness. Including variety of training.

<p><b><u>Measuring HR</u></b> Resting Maximum Heart Rate</p> <p><b><u>Fitness Testing</u></b> Illinois Agility Dynamometer Vertical Abdominal</p> <p><b><u>Effect of Exercise</u></b> Immediate Effect</p> <p><b><u>Muscles Groups</u></b> Quadri- ceps Abdominals Triceps Biceps Hamstrings (Gastrocnemius) Deltoids Gluteus Maximus</p>	<ul style="list-style-type: none"> <li>• <b><u>Measuring heart rate</u></b> <ul style="list-style-type: none"> <li>○ Identify how heart rate is taken.</li> <li>○ Understand why heart rate is taken.</li> <li>○ Attempt to justify the changes in heart rate after recording over a period of time.</li> </ul> </li>   <li>• <b><u>Identifying Fitness testing</u></b> <ul style="list-style-type: none"> <li>○ Identify and carry out the following fitness tests: <ul style="list-style-type: none"> <li>- Multi stage fitness test</li> <li>- Sit and reach test</li> <li>- 30m Sprint test</li> <li>- Illinois Agility test</li> <li>- Vertical Jump test</li> <li>- Sit up and press up tests (Abdominal curl conditioning test)</li> <li>- Standing stork test</li> <li>- Ruler Drop test</li> <li>- Handgrip dynamometer test</li> <li>- Wall toss test</li> </ul> </li> </ul> </li>   <li>• <b><u>Effects of Exercise</u></b> <ul style="list-style-type: none"> <li>○ Identify the immediate effects of exercise</li> <li>○ Demonstrate the immediate effects of exercise throughout fitness lessons</li> <li>○ Begin to understand why these effects of exercise are happening</li> <li>○ Attempt to explain the long term effects of exercise.</li> </ul> </li>   <li>• <b><u>Understanding and identifying muscle groups</u></b> <ul style="list-style-type: none"> <li>○ Understand the importance of warming up and cool down.</li> <li>○ Identify the basic muscles groups <ul style="list-style-type: none"> <li>- <b>Quadri- ceps</b></li> <li>- <b>Abdominals</b></li> <li>- <b>Triceps</b></li> <li>- <b>Biceps</b></li> <li>- <b>Hamstrings (Gastrocnemius)</b></li> <li>- <b>Deltoids</b></li> <li>- <b>Gluteus Maximus</b></li> </ul> </li> </ul> </li> </ul>	<p>physically depending on ability.</p> <p>Able to plot HR on graph and understand change in BPM depending on exercise.</p> <p><b><u>Fitness Testing</u></b> Identify and demonstrate fitness testing. Begin to link fitness tests to components of fitness, understanding why the requirement of fitness testing is needed.</p> <p><b><u>Effects of Exercise</u></b> Identify the link between anatomy and physiology during the immediate effects of exercise.</p> <p><b><u>Muscle Groups</u></b> Identify specific muscles groups and the movements required to isolate, stretch and work these muscle groups.</p>	<p>Link to Numeracy and Science.</p> <p>Identifying strengths and weakness in physical abilities and link to specific methods of training. Clear focus on progress with knowledge and fitness.</p> <p>Link to Biology, Anatomy and physiology.</p> <p>Link to Biology, Anatomy and physiology.</p>
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# Topic: Year 7 – Rugby

**Duration: 6/7 Weeks Composite:  
Permitted in Term**

Key vocabulary:	Core knowledge questions	Powerful knowledge crucial to commit to long term memory	Links to previous and future topics
<p>Accuracy Pendulum Improvised Focussed Presentation Powerful</p>	<p><b><u>Early catch and pass</u></b></p> <ol style="list-style-type: none"> <li>1. Hold ball in front of body in two hands with fingers spread on either side.</li> <li>2. To pass left– right hand for power (towards back of the ball) and left for aim (towards front of the ball). Keep power arm high (elbow up) for accuracy and distance.</li> <li>3. Fluid motion to release the ball with arms swinging like a pendulum in front of the body, first away from then towards the intended target. Follow through with the hands pointing towards the receiver at point of release.</li> <li>4. For a spin pass one hand passes over the ball as it is released, causing the ball to spin in the air, which increases distance and speed. For a pass to the left, your right hand runs up and along the ball, as if pulling a gun from a holster.</li> <li>5. Types of pass include spin (most common), pop (short and quick), flick (using the wrists), offload (improvised in the tackle), reverse or blind (passed to space for player behind carrier).</li> <li>6. Players should nearly always look to carry the ball in two hands, ready to pass to supporting players either side of him.</li> <li>7. Receivers should always have their hands up which is the target for the passer.</li> <li>8. Catch the ball with your hands up and keep the ball in front of you in two hands. The ball can act like a wand and move would-be-defenders out of the ball carrier’s path, by dumying and pump faking. Try it in your next passing drill!</li> </ol>	<ul style="list-style-type: none"> <li>• Two hands on the ball</li> <li>• Fingers pointing towards the target</li> <li>• Push the ball don’t swing</li> </ul>	<ul style="list-style-type: none"> <li>• Hand eye coordination</li> <li>• Spatial awareness</li> <li>• To identify visual triggers</li> <li>• Communication</li> </ul>
<p>Golden Depth Square</p>	<p><b><u>2v1</u></b></p> <ul style="list-style-type: none"> <li>- Ball in two hands</li> <li>- Golden time of opportunity to release ball</li> <li>- Support player hold depth</li> <li>- attack the inside shoulder</li> <li>- square up the defender by squaring up your hips and shoulders</li> </ul>	<ul style="list-style-type: none"> <li>• Support player hold depth</li> <li>• Attack the inside shoulder</li> <li>• Shoulders square</li> </ul>	<p>Attacking defenders in games based activities. Responding to body ques.</p>
<p>Low Chop Drive</p>	<p><b><u>Chop Tackle</u></b></p> <ul style="list-style-type: none"> <li>- Tackler makes contact below waste line or behind legs.</li> <li>- Drive through with shoulder, powering beyond the attackers legs.</li> <li>- Feet close into the attacker (Split In half)</li> <li>- Grip tightly pulling attackers legs together</li> </ul>	<ul style="list-style-type: none"> <li>• Contact below waist</li> <li>• Grip tightly pulling attackers legs together</li> <li>• Rings of steel and cheek to cheek.</li> </ul>	<p>How to fall when being tackled. Can be transferred to all games activities as well as individual sports.</p>

<p>Height Take-off Drive Bind</p>	<h3><u>Rucking</u></h3> <ul style="list-style-type: none"> <li>- Bind to another player and drive over the ball</li> <li>- Drive from a low to high position</li> <li>- Chin off chest</li> <li>- Head up, eyes open</li> <li>- Shoulders above hips</li> <li>- Take short steps</li> <li>- Stay on feet</li> </ul>	<ul style="list-style-type: none"> <li>• Drive from a low to high position</li> <li>• Shoulders above hips</li> <li>• Stay on feet</li> </ul>	<p>Body position links with the body position you will get in for the tackle. The tower of power is a transferable skill.</p>
<p>Crouch Bind Set Eyebrows t-Rex arms</p>	<h3><u>Scrummaging</u></h3> <ul style="list-style-type: none"> <li>- Head up- chin off chest, look through eyebrows</li> <li>- Eyes focussed on the target area</li> <li>- Feet shoulders and hips all square</li> <li>- Weight on the balls of the foot</li> <li>- Stomach and chest pushed out, back straight</li> <li>- Shoulders above hips at all times</li> </ul>	<ul style="list-style-type: none"> <li>• Head up- chin off chest, look through eyebrows</li> <li>• Feet shoulders and hips all square</li> <li>• Back flat with T-Rex arms</li> </ul>	<p>Body contact linked with aspects of rucking. i.e body position and safe contact engagement.</p>
<p>Second fight Long Strong</p>	<h3><u>Ground Skills</u></h3> <ul style="list-style-type: none"> <li>- What should you do when you have been tackled? How do you present the ball? How do you change your body shape?</li> <li>- Ball presentation- Hold onto the ball, place down and cover head with other hand.</li> <li>- Long and strong- Body moves into a pencil like position, ball moved away from the defenders.</li> <li>- Change body angles once you have been tackled.</li> </ul>	<ul style="list-style-type: none"> <li>• Long and strong</li> <li>• Ball presentation</li> <li>• Don't throw the ball away upon contact.</li> </ul>	<p>Changing of body shape has links to gymnastic aspects of shape and orientation.</p>