

<b>Topic:</b> Goal Setting		<b>Duration:</b> 4 x 1hour lessons		<b>Composite:</b> Synoptic task			
<b>Key vocabulary:</b>		<b>Core knowledge Components</b>		<b>Powerful knowledge components crucial to commit to long term memory</b>			
<p>PAR-Q Specific Measurable Achievable Realistic Evaluate</p>		<p>3.1.1 Health and fitness analysis tools Learners will know and understand health and fitness analysis tools, what information they collect, how to administer them and why they are used. This includes:</p> <ul style="list-style-type: none"> <li>• PAR-Q</li> <li>• Lifestyle questionnaire</li> <li>• Food diary</li> <li>• Client progress review.</li> </ul> <p>Learners will know how to collect, use, analyse and evaluate data to suggest improvements.</p> <p>3.1.2 Goal setting Learners will know and understand the acronym SMART in relation to goal setting. Learners will be able to apply the SMART principles to set health and fitness goals based on health and fitness analysis data. This includes:</p> <ul style="list-style-type: none"> <li>• Specific</li> <li>• Measurable</li> <li>• Achievable</li> <li>• Realistic</li> <li>• Time bound</li> </ul> <ul style="list-style-type: none"> <li>o short-term (1 day–1 month)</li> <li>o medium-term (1 month–6 months)</li> <li>o long-term (6 months plus).</li> </ul>		<p>PAR-Q Questionnaire – Physical readiness questionnaire.</p> <p>Specific – Goals are specific to their clients needs. Achievable – Their client can achieve their goals. Realistic – To motivate. Time Bound – short, medium &amp; long term.</p>			
<b>Impressive reading</b>		<b>Impressive speaking</b>		<b>Impressive writing</b>			
<ul style="list-style-type: none"> <li>• Reding text from whiteboard and textbooks which includes correct terminology.</li> <li>• Key words identified and used regularly within the topics.</li> </ul>		<ul style="list-style-type: none"> <li>• Writing several pieces of extended writing with a wide range of key words and use of impressive Physical Education vocabulary.</li> </ul>		<ul style="list-style-type: none"> <li>• Develop student’s ability to learn effectively. To provide constructive feedback for students to improve and develop their written work</li> </ul>			
				<b>Resilience</b>			
				<ul style="list-style-type: none"> <li>• Re-submit work following feedback to progress the work to a better standard.</li> </ul>			
				<b>Employability via:</b>			
				<ul style="list-style-type: none"> <li>• Communication – group and paired activities</li> <li>• Independent thinking</li> <li>• Problem solving</li> <li>• Working under time pressure.</li> </ul>			

<p><b>Communication and Interaction</b> <b>Cognition and Learning</b> <b>SEMH</b> <b>Physical/Sensory</b></p>	<ul style="list-style-type: none"><li>• Follow HAD seating plan policy.</li><li>• Ensure work is printed and modified to specific needs of the pupils.</li><li>• Teacher to use targeted questioning technique to identify understanding and to assess learning.</li><li>• Teacher to communicate with TA and provide guidance.</li></ul>
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<b>Topic:</b> Lifestyle Factors		<b>Duration:</b> 8 x 1hour lessons	<b>Composite:</b> Synoptic task
<b>Key vocabulary:</b>	<b>Core knowledge Components</b>	<b>Powerful knowledge components crucial to commit to long term memory</b>	<b>Links to previous and future topics</b>
Vigorous Lifestyle Nutrients Recreational Repetitions	<p>1.1.1 Activity levels Learners will know and understand the terms active lifestyle and sedentary lifestyle, making reference to current physical activity guidelines stated by the National Health Service (NHS). Learners will be able to give examples of moderate and vigorous activities for health and fitness. This includes:</p> <ul style="list-style-type: none"> <li>• Active lifestyle</li> <li>• Sedentary lifestyle</li> <li>• Moderate and vigorous activities for health and fitness</li> </ul> <p>1.1.2 Diet Learners will know and understand the key nutrients and what a balanced diet consists of. This includes:</p> <ul style="list-style-type: none"> <li>• Key nutrients - fat, carbohydrate, protein, vitamins, minerals, fibre, water</li> <li>• Balanced diet guidance - EatWell guide, food pyramid, recommended daily allowance.</li> </ul> <p>Learners will know and understand how to recommend changes to a diet to support a healthy lifestyle. This includes:</p> <ul style="list-style-type: none"> <li>• Portion size</li> <li>• Eating habits.</li> </ul> <p>1.1.3 Rest and recovery Learners will know and understand the importance of rest and recovery for health and fitness. This includes:</p> <ul style="list-style-type: none"> <li>• Sleep</li> <li>• Recovery between health and fitness activity sessions</li> <li>• Rest between health and fitness activity repetitions.</li> </ul> <p>1.1.4 Other factors Learners will know and understand how the following lifestyle factors negatively affect health and fitness. This includes:</p> <ul style="list-style-type: none"> <li>• Drugs – recreational, performance enhancing</li> <li>• Smoking</li> <li>• Alcohol</li> <li>• Stress.</li> </ul>	<p>Active lifestyle – Regular exercise Sedentary – Inactive</p> <p>Fat &amp; Carbohydrate – energy source Protein – muscle growth</p> <p>Eating habits – when you eat and meal plans.</p> <p>8 hours sleep Recovery time essential to allow muscles to repair.</p> <p>Smoking negatively affect the respiratory system.</p>	<p>Links to HRE practical unit KS3. Lifestyle factors and levels of exercise.</p> <p>Links to diet and basic knowledge around diet from HRE exercise.</p>

