Topic:		**Duration:**	**Composite:**
Key vocabulary:	**Core knowledge Components**	**Powerful knowledge components crucial to commit to long term memory**	**Links to previous and future topics**
	1. Dig 2. Set/ Volley 3. Servuce	•	

Impressive reading	**Impressive speaking**	**Impressive writing**	**Resilience**	**Employability via:**
•	•	•		

Communication and Interaction **Cognition and Learning** **SEMH** **Physical/Sensory**	

Topic: KS4 – HRE Year 10

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 Health & Fitness Health Fitness Progression Physical Mental Social Benefits	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: **within a 4-6 week training programme.** • Analyse the results from a specific training programme and the effects it has on the **physical, mental, and social** aspects of the athlete.	**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 • Adapting a training programme for specific goals.	Healthy, active lifestyle. Wellbeing. Physical progression. Linked to previous Fitness unit SOW.
Methods of Training Circuit Continuous	• Understanding the basic Methods of and principles of Training • Identify and demonstrate what Circuit training is, by explaining the positive and negatives of this type of training.	**Methods of Training**	Link to previous PE lessons to improve fitness. Including variety of training.

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

Weight Flexibility Fartlek Cross Training Interval Training HIIT training	• Identify and demonstrate what Continuous training is, by explaining the positive and negatives of this type of training. • Identify and demonstrate what Interval training is, by explaining the positive and negatives of this type of training. • Identify and demonstrate what weight training is, by explaining the positive and negatives of this type of training. • Identify and demonstrate what flexibility training, by explaining the positive and negatives of this type of training. • Identify and demonstrate what fartlek training, by explaining the positive and negatives of this type of training. • Identify and demonstrate what Cross training, by explaining the positive and negatives of this type of training. • Identify and demonstrate what Interval training, by explaining the positive and negatives of this type of training. • Identify and demonstrate what HIIT training, by explaining the positive and negatives of this type of training. • Understand the importance of frequency, intensity, time, and type within a training session.	Demonstrate all the different types of training by explaining the positive and negatives of each type of training. This can be explained verbally and physically depending on ability. Compare these benefits and restrictions of different types of training.	Link to Numeracy and Science, especially using the physiological aspects and data received from the training.
Measuring HR Resting Maximum Heart Rate Heart rate zones.	• **<u>Measuring heart rate</u>** o Identify how heart rate is taken. o Understand why heart rate is taken. o Able to justify the changes in heart rate after recording over a period in relation to change in physical state, depending on exercise. o Use of training thresholds to link FITT and SPORT to training programme.	**<u>Heart Rate</u>** Relate heart rate to training thresholds.	Identifying strengths and weakness in physical abilities and link to specific methods of training. Clear focus on progress with knowledge and fitness.
Fitness Testing Illinois Agility Dynamometer Vertical Abdominal Cardiovascular Endurance Strength	• **<u>Identifying Fitness testing</u>** o Identify and carry out the following fitness tests: - Multi stage fitness test - Sit and reach test - 30m Sprint test - Illinois Agility test - Vertical Jump test - Sit up and press up tests (Abdominal curl conditioning test) - Standing stork test - Ruler Drop test	**<u>Fitness Testing</u>** Identify and demonstrate fitness testing. Begin to link fitness tests to components of fitness,	Link to Biology, Anatomy and physiology.

Power **Effect of Exercise** Immediate Effect Fatigue DOMS **Muscles Groups** Quadricep Abdominals Triceps Biceps Hamstrings (Gastrocnemius) Deltoids Gluteus Maximus Agonist	- Handgrip dynamometer test - Wall toss test ○ Begin to link fitness testing to specific components of fitness by explaining how the testing links with each component. - Sit and reach test = Flexibility - 30m Sprint test = Speed - Illinois Agility test = Agility - Vertical Jump test = Power - Sit up and press up tests (Abdominal curl conditioning test) = Muscular endurance - Standing stork test = Balance - Ruler Drop test = Reaction time - Handgrip dynamometer test = Muscular strength - Wall toss test = Coordination - Multi stage fitness test = Cardiovascular Endurance. - 1 RM in all aspects of resistance training • **<u>Effects of Exercise</u>** ○ Identify the immediate effects of exercise ○ Demonstrate the immediate effects of exercise throughout fitness lessons ○ Begin to understand why these effects of exercise are happening ○ Attempt to explain the long term effects of exercise. ○ Begin to explore different ways of recovery from the effects of exercise • **<u>Identifying muscle groups</u>** ○ Understand the importance of warming up and cool down. ○ Identify muscles groups and explain how to stretch them individually, within a warmup. ○ Able to demonstrate specific fitness exercises with muscle groups ○ Begin to link together muscle groups when one is in flexion and its pair in contraction **ALL OF THE ABOVE WITHIN A 4 – 6 WEEK TRAINING PROGRAMME**	understanding why the requirement of fitness testing is needed. Be able to analyse simple data from the specific fitness tests. **<u>Effects of Exercise</u>** Identify the link between anatomy and physiology during the immediate effects of exercise. **<u>Muscle Groups</u>** Identify specific muscles groups and the movements required to isolate, stretch and work these muscle groups. Identify which muscle work	Link to Biology, Anatomy and physiology. ALL OF THE ABOVE EMBEDDED WITHIN A 4-6 WEEK TRAINING PROGRAMME.

Antagonist		together to move bones/joints.	

Impressive reading	Impressive speaking	Impressive writing	Resilience	Employability via:
• Understand and recall of data.	• Sharing and collaborating fitness test procedures, principles of training and methods of trainings in group work and assessments.	• Recording of data and scores, then interpreting this information to plan and implement training sessions (homework).	Implementing and completing raining programme.	Organisation, planning, communication.

SEND

-Quantity of instructions given at once.
- Language given in explanations.
- Demonstrations given at all times.
- Positive discrimination towards those than need it.
- Sensitively placing groups together.
-Adjusting language and speed of explanation when needed.