|  |  |  |
| --- | --- | --- |
| **What will we be learning?****Fitness*** Preparation for exercise
* Types of exercise
* Types of training
* Fitness testing
 | **Why this? Why now?****KEY STAGE 3 CORE PE****FITNESS** **Fitness is taught during the Autumn/Spring terms. It is part of the curriculum map which is determined by facility availability and other activities taught at this time.** In **Year 7 fitness** is taught at the start of the Autumn and/or Spring termIn **Year 8 fitness** is taught in the Autumn and/or Spring term.In **Year 9 fitness** is taught in the Autumn and/or Spring term. | **Key Words:*** Warm up
* Cool down
* Heart rate
* Breathing rate
* Fatigue
* Circuit training
* Continuous training
* HIIT training
* Interval training
* Fartlek training
* Health related fitness
* Skill related fitness
* CV endurance
* Muscular endurance
* Strength
* Flexibility
* Multi-stage fitness test
* Harvard step test
* Training programme
* Appreciation
* Co-operation
* Resilience
 |
| **What will we learn?****Year 7 – Focus: Introduction to fitness*** Preparation for exercise – warm up and cool down
* Short term effects of exercise
* Types of training – circuit training, continuous training
* Character values – respect, self-challenge and co-operation

**Year 8 – Focus: Components of fitness*** Types of training – HIIT, interval and fartlek
* Health related and skill related components of fitness and circuit
* Character values – appreciation of others, determination and pair/group work

**Year 9 – Focus: Fitness testing*** Fitness testing – CV fitness tests, flexibility tests, strength tests
* Fitness suite introduction and fitness training programme
* Character values – appreciation of others, pair/group work and resilience
 |
| **What opportunities are there for wider study?**Year 9 mini optionKS4 studies – Cam Nat Sport Science and GCSE PEKS5 studies – Cam Tech Sport and A level PE.  |
| **How will I be assessed?**Teacher assessment using the following assessment criteria in CAS**Head** – Understanding of importance of exercise, components of fitness and training methods**Heart** – Participation, respect and appreciation of others, determination and resilience**Hands** – Preparation to exercise, participation in different training and fitness tests |