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| **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 term  In **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 option  KS4 studies – Cam Nat Sport Science and GCSE PE  KS5 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 | |