

Key Stage 3 PE – Year 7 Fitness

Enquiry Question:
How can I improve my fitness?

Background

Students will have a basic understanding of how exercise can contribute to a healthy lifestyle.

Why we teach it

To increase the students knowledge of how they can improve their fitness in accordance to the sports they play.

Values

- Learn transferable skills
- BEST: Self-discipline, resilience, respect

Lesson	Definition	Activities	Independent Learning	SMSC Links
1 Intro to Fitness		Importance of the warm up and cool down Various pulse raiser activities Dynamic and static stretches General warm up / cool down games Sports specific warm up / cool down games	Students to contribute to ideas. Give feedback on the impact/importance of the activity. Think about their own activities / warm ups they have done previously	Reflection Self-discipline
2 Interval training	Physical training consisting of periods of high and low intensity	Warm up – 3 minute run, dynamic stretches, interval activities at a high intensity Introduction – definition, key points/features Activities – high to low intensity with rest periods e.g. fast to slow drills, short to long distance 10m-20m sprints, body weighted activities e.g. burpees, squats, push-ups (various reps high/low) Q&A – what is the impact of the rest period? Why should the intensity change? How could this benefit a particular sportsperson? What examples of high to low intensity and rest periods happen within your sport? Cool down – replicate the warm up activities at a lower intensity Plenary – Q&A on interval training	Answering questions within the lesson Peer discussions on the importance of interval training for various sports	Resilience Self-discipline
3 Fartlek training	Involves varying the intensity or speed of your run to improve fitness and endurance	Warm up – 3 minute run at various speeds, dynamic stretches Introduction – definition, key points/features Activities – Small sided team games, high to low intensity WITHOUT rest periods continuously e.g. fast to slow drills e.g. square coned area, walk, jog, sprint, own choice, short to long distance 10m-20m sprint/jog, without/without equipment e.g. ladders, hurdles, cones Q&A – what is the impact of no rest period? Why should the intensity change? How could this benefit a particular sportsperson? What examples of high to low intensity happens continuously within a sport? Cool down – a lower intensity jog Plenary Q&A on fartlek training	Answering questions within the lesson Peer discussions on the importance of interval training for various sports Think about their own performance and how it can be improved	Integrity Resilience
4 Contin uous training	Sustained exercise at a constant rate (steady state) without rests, involving aerobic demand for a minimum of 20 minutes	Warm up – 3 minute run, dynamic stretches Introduction – definition, key points/features Activities – 12 minute cooper run, rope skipping, Q&A – what is the impact of no rest period? Discuss the advantages and disadvantages of the training , How could this benefit a particular sportsperson? Cool down – a lower intensity jog Plenary Q&A on Continuous training	Discuss how continuous training can benefit their everyday life and lifestyle Think about their own performance and how it can be improved	Self Discipline Resilience

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5 Circuit Training	Circuit training involves performing a series of exercises in a special order called a circuit	<p>Warm up – 3 minute run, dynamic stretches</p> <p>Introduction – definition, key points/features</p> <p>Activities – Fitness circuit e.g. press ups, squats, star jumps. Sports specific circuit e.g. dribbling, shooting, passing</p> <p>Q&A – what is the impact of the rest period between stations? Why should the activity change at each station? How could this benefit a particular sportsperson? What stations could you include for a sport you play?</p> <p>Cool down – low intensity stations that include stretching for a 10 secs each station</p> <p>Plenary – Q&A on circuit training</p>	<p>Students to contribute to ideas for the stations.</p> <p>Identify the advantages and disadvantages of circuit training</p> <p>Identify their own activities they could do at home</p>	<p>Reflection</p> <p>Self-discipline</p>
6 HIIT	Exercise alternating short periods of intense anaerobic exercise with less intense recovery periods	<p>Warm up – 3 minute run, dynamic stretches</p> <p>Introduction – definition, key points/features</p> <p>Activities – high intensity with short rest periods - alternate a rest period between each set e.g. 40 seconds on, 20 seconds rest, alternate the intensity of the activity e.g.. With out without equipment, demonstration of differentiation within HIIT activities e.g. lung to jumping lunges, half squat to full squat</p> <p>Q&A – what is the impact of the rest period? How could this benefit a particular sportsperson? Why do you only rest for a short amount of time?</p> <p>Cool down – core workouts with HIIT timing e.g. 40 seconds on, 20 seconds rest, plank, heel touches, Russian twist</p> <p>Plenary – Q&A on HIIT training</p>	<p>Answering questions within the lesson</p> <p>Demonstrating their own activities</p> <p>Peer discussions on the importance of HIIT training for various sports</p>	<p>Resilience</p> <p>Self-discipline</p>
7 SAQ Training	Speed Agility Quickness	<p>Warm up – 3 minute run, dynamic stretches</p> <p>Introduction – definition, key points/features</p> <p>Activities – high to low intensity / fast to slow drills e.g. Illinois agility test, ladders, hurdles, sprints, cone relay, pair reaction time / agility activities e.g. sprint starts, cups and domes, dribbling through the mini coned goals, tag rugby</p> <p>Q&A – what sports require the most speed/agility/quickness? What SAQ activities have you participated in within your club?</p> <p>Cool down – a lower intensity jog</p> <p>Plenary Q&A on SAQ training</p>	<p>Answering questions within the lesson</p> <p>Peer discussions on the importance of SAQ training for various sports</p> <p>Independently demonstrating their skills</p>	<p>Integrity</p> <p>Resilience</p>
8 Plyometrics	Exercise training that uses speed and force of different movements to build muscle power	<p>Warm up – 3 minute run, dynamic stretches with jumps e.g. jumping lunges, jump squats</p> <p>Introduction – definition, key points/features</p> <p>Activities – circuit of various different plyometric activities e.g. hurdles, box jumps, speed bounce, mountain climbers, step ups,</p> <p>Q&A – advantages/disadvantages of the training? What athletes would use this training within their sport?</p> <p>Cool down – a lower intensity jog</p> <p>Plenary Q&A on plyometric training</p>	<p>Think about their own performance and how it can be improved</p> <p>Peer discussion on what athletes would use plyometrics</p>	<p>Self Discipline</p> <p>Resilience</p>