

Key Stage 3 PE – Year 8 Fitness

Enquiry Question:
How can I improve my components of 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 components of Fitness	Speed, reaction time, agility, muscular strength and endurance, flexibility, power, balance, coordination, cardiovascular endurance,	Warm up – 3 minute run, dynamic stretches Introduction – definition, key points/features Activities – intro to the fitness testing e.g. sit and reach test, ruler drop test, comparing to normative data in pairs, one record and one complete task Q&A – what components of fitness do particular sports people need? Cool down – replicate the warm up activities at a lower intensity Plenary – Q&A on components of fitness	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 - the component of fitness is speed Activities – 10m, 20m and 35m sprint test, comparing to normative data in pairs, one record and one complete task Q&A – What are the advantages and disadvantages of this test? 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 – the component of fitness is speed Activities – bleep test, comparing to normative data in pairs, one record and one complete task Q&A – What are the advantages and disadvantages of this test? 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 Continuous 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 – the component of fitness is muscular and cardiovascular endurance Activities – 12 min cooper run and 1 min sit up / press up test, comparing to normative data in pairs, one record and one complete task Q&A – What are the advantages and disadvantages of this test? 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

Key Stage 3 PE – Year 8 Fitness

Enquiry Question:
How can I improve my components of 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
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 - the component of fitness can be ALL</p> <p>Activities – a circuit of one component at each station e.g. running around cones = agility, speed bounce = power, running from cone to cone = speed, comparing to normative data in pairs, one record and one complete task</p> <p>Q&A – What are the advantages and disadvantages of this test?</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 - the component of fitness is muscular and cardiovascular endurance</p> <p>Activities – Burpee challenge, press ups, sit ups (how many you can do in a min), 1 min rest between tests, comparing to normative data in pairs, one record and one complete task</p> <p>Q&A – What are the advantages and disadvantages of this test?</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 - the component of fitness is agility</p> <p>Activities – Illinois agility test, comparing to normative data in pairs, one record and one complete task</p> <p>Q&A – What are the advantages and disadvantages of this test?</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 - the component of fitness is power</p> <p>Activities – vertical jump tests, comparing to normative data in pairs, one record and one complete task</p> <p>Q&A – What are the advantages and disadvantages of this test?</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>