

# KESTEVEN AND SLEAFORD HIGH SCHOOL

## Physical Education Scheme of Learning Year 8 – Health Related Fitness

### **Intent – Rationale**

Students will experience a range of health related activities which will help to inform them of their preferred activity to enhance their own physical and mental health with the intent to pursue these activities regularly. Students will gain knowledge of each activity, how to carry out correct techniques and will understand the benefits to them.

<b>Sequencing – what prior learning does this topic build upon?</b>	<b>Sequencing – what subsequent learning does this topic feed into?</b>
Year 7 HRF knowledge and understanding	<ul style="list-style-type: none"> <li>Year 9 HRF</li> </ul>
<b>What are the links with other subjects in the curriculum?</b>	<b>What are the links to SMSC, British Values and Careers?</b>
<ul style="list-style-type: none"> <li>Science – knowledge and understanding of the body systems, muscle names</li> <li><b>Mathematics – calculating distances</b></li> <li><b>Music – use of 8 counts, bpm</b></li> </ul>	<ul style="list-style-type: none"> <li>BV4</li> <li>SO1</li> <li>M2</li> </ul>
<b>What are the opportunities for developing literacy skills and developing learner confidence and enjoyment in reading?</b>	<b>What are the opportunities for developing mathematical skills?</b>
<ul style="list-style-type: none"> <li>Use of physical literacy linked with keywords</li> </ul>	<ul style="list-style-type: none"> <li>Calculating distances using metres and converting to kilometres</li> <li>Counting repetitions</li> <li>Use of stopwatches</li> </ul>

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## Physical Education Scheme of Learning Year XX – Term XX

### Intent – Concepts

**What knowledge will students gain and what skills will they develop as a consequence of this topic?**

#### Know

Techniques to safely perform within a range of health related activities.  
The differences between a range of fitness components and how to improve them using the correct type of fitness training.  
Which type of training will benefit an individual taking part in different sports and activities.

#### Apply

Carry out a range of activities with maximum effort and good technique.  
Safety within techniques.

#### Extend

Work with a partner/small group effectively to create, test, and demonstrate a circuit training station to increase a specific fitness component

**What subject specific language will be used and developed in this topic?**

- Cardiovascular fitness
- Muscular endurance
- Interval training
- SAQ training - Speed, agility , quickness
- Aerobics
- Muscle names – deltoids, biceps, triceps, pectorals, abdominals, quadriceps, hamstrings, gastrocnemius

**What opportunities are available for assessing the progress of students?**

- Techniques used within activities
- Effort applied
- Knowledge recall within question and answer
- Advanced techniques performed

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<ul style="list-style-type: none"> <li>• Hand weights</li> <li>• Circuit training station names such as tricep dips, bicep curls, shuttle runs, plank, sit ups, shoulder raises, step ups</li> </ul>	
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## Intent – Concepts

Lesson title	Learning challenge	Higher level challenge	Suggested activities and resources
Cardiovascular and muscular endurance circuit training	Complete an 8 station circuit training session to improve CV fitness and ME	Perform advanced techniques. Understand which sports performers would benefit from each station exercise	Warm up using a pulse raiser, mobility exercises and dynamic stretches. Carry out 8 station circuit – shuttle runs, plank, step ups, tricep dips, shoulder raise, sit ups, skipping, bicep curls. Recall muscle names during static stretches.
Outdoor team continuous run	Interval training – complete a full circuit over varying terrain as part of a team to compete against other teams.	Increase speed and baton technique. Calculate approximate distance covered in metres and kilometres. Evaluate performance as a team and try to improve on time with a second attempt.	Set up 8 cones around the perimeter of both of the school fields as warm up together with students. Teams compete against each other to move a baton through each interval and make their way back to their start position.

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			Calculate distance covered.
SAQ training	Understand what SAQ means – Speed, Agility, Quickness. Carry out an SAQ training session.	Use more advanced techniques. Be able to differentiate each activity and explain which station improved speed, agility and quickness and who could benefit from each and why.	Explore SAQ activities within warm up. SAQ circuit set up - Sprints, jumps, agility runs, reaction time drills, hurdles, ladders. Recall muscle names during static stretches.
Indoor team continuous run – short intervals	Predict distance team will cover within a 20 minute interval session. Carry out team continuous run. Calculate distance covered.	Consider and plan best method to carry out challenge. Calculate distance covered using mental maths. Evaluate performance at a higher level.	Equal teams. Cones placed 20m apart. Baton, clipboard, paper and pencil available. Motivating music played throughout activity.
Aerobics	Create an effective aerobics activity to elevate heart rate	Add more advanced movements with less repetition – using a fluent technique and good timing. Use of feedback to others to help improve. Evaluate and adapt.	Aerobics idea resource cards Music with effective aerobic rpm Students use a variety of aerobics techniques to create a routine in small groups.
Student led circuit training	In pairs or small groups, students design, test and demonstrate a circuit training station. Stations then form a complete circuit training session aimed at increasing CV fitness and ME.	Circuit training station will offer options for less and more advanced techniques. Be able to demonstrate and explain fully. Explanation more in depth as to benefits and aimed at which sports performer.	Students use a specific space to create a circuit training station aimed to increase CV fitness and ME. Demonstrate and explain to class. Class carry out full circuit. Feedback to qualities of each station relating to CV fitness and ME.

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