KESTEVEN AND SLEAFORD HIGH SCHOOL

Physical Education Scheme of Learning

Year 9 – Topic: Health Related Fitness

	Intent – Rationale		
Sequencing – what prior learning does this topic build upon?	Sequencing – what subsequent learnin		
Year 7 HRF	Year 10 HRF		
Year 8 HRF	GCSE – Physical Training topic		
Circuit training			
Muscle names			
How to take HR			
Warm ups and Cool downs			
What are the links with other subjects in the curriculum?	What are the links to SMSC, Britis		
PSHE – healthy active lifestyle	Use the coded help guides to complete this section		

What are the opportunities for developing literacy skills and developing learner confidence and

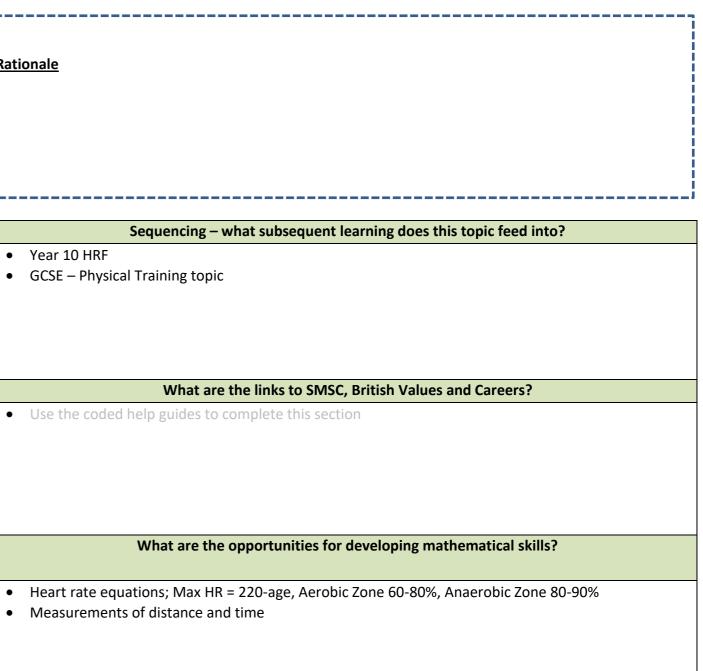
enjoyment in reading?

• Please fill this in with your own suggestions alternatively the LRC team will provide some suggested

titles/links

• Measurements of distance and time





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Physical Education Scheme of Learning

<u>Year 9 – Topic Health Related Fitness</u>

Intent – Concepts

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

<u>Know</u>

Different training methods. Characteristics of each training method. How to carry out each training method.

<u>Apply</u> Be able to carry out different training methods, using correct intensities and rest periods.

<u>Extend</u>

Evaluate the appropriateness of each training method for different sports.

What subject specific language will be used and developed in this topic?	What opportunities are available for assessing the
 List key terminology and definitions 	 Final assessment; planning a training session for a given sport Peer assessment;



the progress of students?
ort

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Intent – Concepts

Lesson title	Learning challenge	Higher level challenge	Suggested activities and resources
Lesson 1 – Interval Training	Characteristics of Interval training. How to carry	Evaluate the appropriateness of interval training	
	out Interval Training.	for different sports.	
Lesson 2 – Fartlek Training	Characteristics of Fartlek training. How to carry out	Evaluate the appropriateness of fartlek training for	
	Fartlek Training.	different sports.	
Lesson 3 – Continuous Training	Characteristics of Continuous training. How to	Evaluate the appropriateness of continuous	
	carry out Continuous Training.	training for different sports.	
Lesson 4 – Circuit Training	Characteristics of Circuit training. How to carry out	Evaluate the appropriateness of circuit training for	
	Circuit Training.	different sports.	
Lesson 5 – HITT	Characteristics of HITT training. How to carry out	Evaluate the appropriateness of HITT training for	
	HITT Training.	different sports.	
Lesson 6 – Planning for training	Plan a training session.	Show independence when completing session and	
		evaluate effectiveness.	

