



# KESTEVEN AND SLEAFORD HIGH SCHOOL

## Physical Education Scheme of Learning

### Year 9 – Topic: Health Related Fitness

Intent – Rationale

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<p><b>Sequencing – what prior learning does this topic build upon?</b></p> <p>Year 7 HRF Year 8 HRF Circuit training Muscle names How to take HR Warm ups and Cool downs</p>	<p><b>Sequencing – what subsequent learning does this topic feed into?</b></p> <ul style="list-style-type: none"> <li>Year 10 HRF</li> <li>GCSE – Physical Training topic</li> </ul>
<p><b>What are the links with other subjects in the curriculum?</b></p> <ul style="list-style-type: none"> <li>PSHE – healthy active lifestyle</li> </ul>	<p><b>What are the links to SMSC, British Values and Careers?</b></p> <ul style="list-style-type: none"> <li>Use the coded help guides to complete this section</li> </ul>
<p><b>What are the opportunities for developing literacy skills and developing learner confidence and enjoyment in reading?</b></p> <ul style="list-style-type: none"> <li>Please fill this in with your own suggestions alternatively the LRC team will provide some suggested titles/links</li> </ul>	<p><b>What are the opportunities for developing mathematical skills?</b></p> <ul style="list-style-type: none"> <li>Heart rate equations; Max HR = 220-age, Aerobic Zone 60-80%, Anaerobic Zone 80-90%</li> <li>Measurements of distance and time</li> </ul>



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## Physical Education Scheme of Learning

### Year 9 – Topic Health Related Fitness

#### Intent – Concepts

<b>What knowledge will students gain and what skills will they develop as a consequence of this topic?</b>	
<p><b><u>Know</u></b> Different training methods. Characteristics of each training method. How to carry out each training method.</p> <p><b><u>Apply</u></b> Be able to carry out different training methods, using correct intensities and rest periods.</p> <p><b><u>Extend</u></b> Evaluate the appropriateness of each training method for different sports.</p>	
<b>What subject specific language will be used and developed in this topic?</b>	<b>What opportunities are available for assessing the progress of students?</b>
<ul style="list-style-type: none"> <li>List key terminology and definitions</li> </ul>	<ul style="list-style-type: none"> <li>Final assessment; planning a training session for a given sport</li> <li>Peer assessment;</li> </ul>

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