



**Year 7 Health & Fitness** **6 Lessons**

**Aims:** In this unit pupils will learn and accurately replicate specific techniques for a variety of fitness based activities. They will carry out investigations into the bodies' ability to exercise and the reasoning behind such principles. Pupils will gain an understanding of warm ups, cool downs and health importance through physical tasks. To reflect on the benefits that fitness events give to an individual and implications for future life.

Key Skills	Literacy Links:	Numeracy Links:
<ul style="list-style-type: none"> <li>• <b>Accurate replication:</b> Pupil will be introduced to basic fitness activities and develop an accurate replication of the required techniques. Pupils will develop the skills of sustained running, jumping and other fitness skills. Pupils should understand that different events demand different components of fitness and be able to adapt to the set task. Students should be able to describe the elements of an effective technique in a small circuit.</li> <li>• <b>Developing physical/mental capacity:</b> Pupils to prepare and recover from exercise safely and effectively and to gain an understanding of the principles used. To recognise that different types of activities require different type of fitness. To develop a understanding of GCSE PE terms- <i>i.e. Oxygen debt and health related fitness components</i>. Understand the anatomy behind heart rate changes and the basic reasoning for this. To record scores in a range of tasks.</li> <li>• <b>Developing skills and Performance:</b> Pupils will develop the skills necessary to compete in a number of fitness based events. To develop an experience of a range of activities that involves sustained physical work. In all events, demonstration of accurate technique, depth of understanding and related performances will be assessed.</li> <li>• <b>Making and Applying Decisions:</b> Pupils will develop and refine skills in order to complete set tasks. Pupils to evaluate the use of body parts to gain an improvement in replicated technique. Apply strategies for effective performance. Adapt &amp; refine these strategies to suit the activity. To encourage the ability to become a reflective learner.</li> <li>• <b>Making Informed Choices About Healthy, Active Lifestyle: Evaluating and Improving:</b> Highlight the possible health benefits gained from taking part in fitness based activities and discuss the need to stay healthy and active. Understand the nature of heart rate before, during and after exercise. To name muscle groups and specific fitness tests. Suggest any fitness clubs/events within the school timetable. To understand the components of skill/health related fitness and to use tests to improve these.</li> <li>• <b>Evaluating and Improving:</b> Pupils will gain knowledge of the nature of fitness based activities and make effective evaluations of strength and weaknesses in their own and others performances. Use of self-assessment worksheets. Success criteria conveyed through pupil or teacher modelling. Appropriate questioning on teaching points of the skills and processes developed.</li> </ul>	<p>Pupils will be able to understand and use words relating to health and fitness, e.g. heart rate, recovery, cool down, lactic acid, fatigue and muscles name. Opportunities for pupils to record results will incorporate use of ICT. Communication; Speaking and Listening. Cooperation; Working together.</p>	<p>Heart Rate calculations,  Use of stopwatches  Fitness testing data analysis</p>
<b>Assessment</b>	<b>Cross-Curricular Links</b>	
<ul style="list-style-type: none"> <li>• Q &amp; A, Formative and summative assessment.</li> </ul>	<ul style="list-style-type: none"> <li>• Literacy (key words), Citizenship (sportsmanship &amp; cooperation ), Science (muscle names, bodily functions including heart rate monitoring), Maths (measuring, recording and collating data)</li> </ul>	
<b>Opportunities for further learning</b>	<b>SMSC opportunities and British values</b>	

Homework is not set for P.E in Year 7. However, students are encouraged to practice in their own time and attend extra-curricular clubs to improve their performance. Students should be encouraged to:

- practice skills at home and take part in school sport, either competitively or socially
- join clubs in the community and/or use local facilities
- watch live and recorded matches, to appreciate high-quality performance
- make up games that focus on improving technique and fitness
- read rule books and sports reports in newspapers and magazines

- Encourages students to accept responsibility for their behaviour & show initiative.