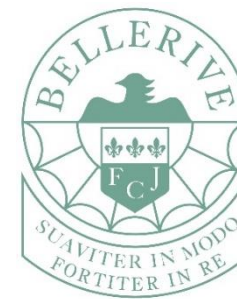


**Scheme of work: KS3 Fitness**



<b>Subject/Year group</b>	<b>Year group/Big picture questions</b>	<b>In this unit pupil will be taught about (from NC, identify core knowledge to be delivered)</b>
<p>KS3 Fitness</p>	<p>Heart rate Diet Health and Fitness Fitness testing Interval Training Continuous Training Fartlek Training Circuit Training Weight Training</p>	<p>Develop their technique and improve their performance in different fitness activities Analyse their techniques and demonstrate improvement to achieve their personal best in fitness tests</p>
<p><b>Pupils will focus particularly on the following attainment targets (from programme of study)</b> To understand and be able to locate their pulse and measure Heart Rate To understand the impact that diet can have on fitness and health To explore different types of exercise and understand how they improve fitness and health To experience a variety of fitness tests and understand when and why fitness tests are used. To understand Methods of Training To explore different types of training and understand how they improve fitness and health</p>	<p><b>As FCJ educators, we will focus on the FCJ values by</b> Companionship – working with and listening to others. Dignity – views of others respected this is in respect to performance and evaluation of fitness techniques Excellence – Strive to be the best they can be and aim to achieve personal bests</p>	<p><b>We will ensure students skills in reading, writing ,communication and mathematics are enhanced by</b> Principles of training, circuit training, weight training - understanding repetitions and sets, Continuous training, training zones, fartlek and interval training Opportunities for pupils to measure and record results, calculate training zones for heart rate. Record progress, Communication; Speaking and Listening.</p>
<p><b>We are supporting progression from KS2 in this unit by</b> Expanding fundamental knowledge of health and fitness and introducing different training types in order to maintain a healthy lifestyle</p>	<p><b>We are supporting progression to KS4 in this unit by</b> Teaching skills and techniques that they will take forward to GCSE PE theory and practical sessions</p>	<p><b>Assessment opportunities</b> Observation of performance Times, distance covered, repetitions all recorded to compare to previous results Questioning Self and peer assessment with opportunities to implement strategies for improvement.</p>

