

Topic		Learning Intentions	Tasks	Assessed LI (based on SOLAR descriptors)
My Health Profile	W1	<p>To develop a sense of individual health profiles</p> <p>To measure heart rate</p> <p>To discuss the body and exercise.</p> <p>Explore cardio and muscular strengthening activities</p>	<p>Create health profile</p> <p>Learn names of muscles</p> <p>Measure and record heart rate</p>	<p>I know that my breathing and heart rate increase when I exercise</p> <p>I understand what my lungs and heart do to get oxygen to my muscles when I exercise,</p> <p>I know my body needs energy to move and exercis</p>
Cardiovascular and muscular Endurance	W2	<p>To understand the meaning of cardiovascular and strength exercises</p>	<p>Complete cardio and strength workouts</p> <p>Measure and record recovery rate</p> <p>Discuss muscle names</p>	<p>To understand the importance of exercise in being healthy.</p> <p>I can walk for more than x minutes (3,5,10,15,20)</p> <p>I can run for more than x minutes (3,5,10,15,20)</p> <p>I can cycle for I can run for more than x minutes (3,5,10,15,20)</p> <p>I know that my breathing and heart rate increase when I exercise</p> <p>To understand happens to our bodies during cardiovascular activities</p> <p>know my muscles are happens to our bodies during cardiovascular activities</p>
Muscular Endurance and strength	W3	<p>To learn names of muscles</p> <p>To understand how to train for strength</p>	<p>Perform strength and cardio exercises and games</p> <p>Discuss muscles in action</p>	<p>I can do a sit up</p> <p>I can do a push up</p> <p>I know my muscles are important for me to move and exercise</p> <p>I understand how muscles move my joints so that I can exercise</p>
Joints and muscles	W4	<p>To understand how joints and muscles work during exercise</p>	<p>Perform variety of movements</p> <p>Video Analysis</p> <p>Discuss joints in action</p>	<p>I know my bones, joints and muscles are important for me to move and exercise</p> <p>I can name a joint that works when I run or when I throw a ball,</p> <p>I can name a pair of antagonistic muscles</p>
Warmups & Planning a holiday workout	W5	<p>To plan a warmup and workout</p> <p>Create a game – group work</p>	<p>Discuss importance of warming up properly</p> <p>Research and create a workout plan for the holidays</p>	<p>I can plan a short programme of exercises</p>

Warmups & Planning a holiday workout	W6	Complete a warmup and workout Teach a game	Lead warm/up and workout Peer Feedback Take part in workouts and games	I can lead a group in an effective warm up before exercise
--------------------------------------	----	---	--	--

How this scheme of work links to school vision and values (wellbeing, independence, communication, achievement):

Curriculum Intent:

	New Skills	Previous Skills to help access	Where the students acquired previous skills	How we will monitor learning and progress
Johnson Health Related Fitness	Recognise the importance of exercise in keeping us healthy Identify muscles and joints Identify muscles in performance Learning to stretch correctly Recognise and Perform cardio and strength activities Recording and Evaluating performance	Recording Performance Hold body in balanced positions Previous Warm-ups and Drills Gross and Loco motor skills Knowledge of the body	Physical Education KS3 and KS4 Movement, Fitness and Cooperation KS3 Biology KS3, 4 Gymnastics KS3 KS4 Numeracy / Maths KS1,2,3,4 Table Tennis KS3, 4	Quiz on muscles at beginning and end of lessons Measuring and recording Warm up activities that involve holding balanced positions Quiz learners about body parts at the beginning and end of lessons. Homework

How this scheme of work links to school vision and values (wellbeing, independence, communication, achievement):

Curriculum Intent:

The Health-related Fitness module will develop the student's knowledge and understanding of exercise and their bodies. The module follows on from the Movement, and Health and Fitness modules from 2019/20. The intent is to develop knowledge and understanding of fitness components and health related information on our bodies during exercise.

Students will develop a sense of authority and independence over their physical well-being. They will learn fundamental terms and procedures to exercising safely and with purpose. The students will learn to measure, record, and monitor their physical activity over a period of time.

