

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

Planning a holiday workout			Research and create a workout plan for the holidays	
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

KEY STAGE 4 WOOD AND WEIR	Recognise the importance of exercise in keeping us healthy	Recording Performance	Physical Education KS3 and KS4	
Health Related Fitness	Identify muscles and joints	Hold body in balanced positions	Movement, Fitness and Cooperation KS3	Quiz on muscles at beginning and end of lessons
	Identify muscles in performance	Previous Warm-ups and Drills	Biology KS3, 4	Measuring and recording
	Learning to stretch correctly	Gross and Loco motor skills	Gymnastics KS3 KS4	Warm up activities that involve holding balanced positions
	Recognise and Perform cardio and strength activities	Knowledge of the body	Numeracy / Maths KS1,2,3,4	Quiz learners about body parts at the beginning and end of lessons.
	Recording and Evaluating performance	Following a set of rules	Table Tennis KS3, 4	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.