

Learning intentions	Success criteria
To understand different ways of exercising that students may not have done before	Student will engage in wide range of fitness activities that they haven't completed before
To understand why our body changes during the short term effects of exercise	To be able to give points and reasons why our body changes during exercise
To make improvement in basic levels of fitness throughout the unit	To be able to exercise for a longer period of time with high intensity than previously
Skills	
Cardio Cards	<ul style="list-style-type: none"> <li>Deck of cards spread out face down</li> <li>4 corners of room represents each card suit and different exercise</li> <li>When card is picked up, it determines how many of the selected exercise student completes</li> </ul>
Fitness Bingo	<ul style="list-style-type: none"> <li>Different exercise and number placed upside down on floor</li> <li>Student picks up one of each to determine what exercise to complete</li> <li>Tick of exercise / rep on fitness bingo card</li> </ul>
Zumba	<ul style="list-style-type: none"> <li>Complete online Zumba workouts</li> </ul>

RULES:
<p>Follow Teachers instructions</p> <p>Complete challenges you feel confident in doing</p> <p>Warm up and Cool down before / after activity</p> <p>Enjoy!</p>
Kit
<p>St Ivo PE Top</p> <p>Black Shorts</p> <p>St Ivo Socks</p> <p>Sports Trainers</p> <p>Water Bottle</p>
STRETCH AND CHALLENGE
<p>Adapt fitness activity to include harder / more exercises</p> <p>Join fitness clubs outside of school</p>
LINKS TO WIDER CURRICULUM
<p>Anatomy and Physiology: To understand the short term effect of exercise. E.G</p> <p>Reasons why heart rate increases during exercise</p>

KEY WORDS
<p><b>Cardiovascular endurance</b> – The ability of the heart and circulatory system to meet the demands of the body for a long period of time</p>
<p><b>Heart Rate</b> – The amount of times the heart beats per minute</p>
<p><b>Cardio Cards</b> – Activity which helps to improve cardiovascular endurance</p>
<p><b>Oxygen</b> – Is vital for respiration and is delivered to the working muscles through blood</p>



Learning intentions	Success criteria
To perform a combination of different types of fitness activities into circuits	To participate in circuit training that involves activities that requires a range of different components of fitness
To understand how yoga can improve your physical and mental wellbeing	To be able to engage in yoga and learn how a different form of exercise benefits an individual
To understand what continuous training is and what activities continuous training include	To participate in continuous training and create activities that will apply to continuous training

Skills	
Circuits	<ul style="list-style-type: none"> <li>o Circuits stations which include cardiovascular endurance and muscular endurance</li> <li>o Adapt stations to meet needs of students</li> </ul>
Yoga	<ul style="list-style-type: none"> <li>o Perform range of different yoga moves from online / teacher course</li> </ul>
Continuous training	<ul style="list-style-type: none"> <li>o Complete exercises continuously without any breaks</li> </ul>

<b>RULES:</b>  Follow Teachers instructions Complete challenges you feel confident in doing Warm up and Cool down before / after activity Enjoy!
<b>Kit</b>  St Ivo PE Top Black Shorts St Ivo Socks Sports Trainers Water Bottle
<b>STRETCH AND CHALLENGE</b>  Adapt fitness activity to include harder / more exercises Join fitness clubs outside of school
<b>LINKS TO WIDER CURRICULUM</b>  Anatomy and Physiology: Understand methods of training and what types of exercise will be used to improve fitness of an individual

<b>KEY WORDS</b>  <b>Muscular Endurance</b> – The ability to use the voluntary muscles over a long period of time without getting tired  <b>Yoga</b> – A form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing  <b>Continuous Training</b> – Exercise this does not have any rest / break periods  <b>Circuit Training</b> – Different exercise stations which can incorporate rest periods
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Learning intentions	Success criteria
To understand the requirements used and complete a fitness workout using Interval training	Students will participate in interval training workout and begin to adapt the workout to best meet their individual needs
To create own fitness programme which includes previous learning and skills	Students will create fitness programme which includes learning from previous lessons and is suitable for students range of fitness levels
To perform a Cardio Through Dance workout	Students will understand how different movement and activity can have a positive effect on physical fitness

Skills	
Interval Training	<ul style="list-style-type: none"> <li>Perform Interval training such as boxercise followed by sit ups</li> <li>Students understand rest periods and intensity within the training</li> </ul>
Fitness Programme	<ul style="list-style-type: none"> <li>Create and design own fitness programme to be implemented over the lesson/lessons</li> <li>Range of different equipment</li> <li>Begin to understand how nutrition will influence fitness</li> </ul>
Cardio through Dance	<ul style="list-style-type: none"> <li>Complete dance workouts to engage students in physical activity</li> </ul>

**RULES:**

Follow Teachers instructions  
Complete challenges you feel confident in doing  
Warm up and Cool down before / after activity  
Enjoy!

**Kit**

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Black Shorts  
St Ivo Socks  
Sports Trainers  
Water Bottle

**STRETCH AND CHALLENGE**

Adapt fitness activity to include harder / more exercises  
Join fitness clubs outside of school

**LINKS TO WIDER CURRICULUM**

Anatomy and Physiology: Understand how nutrition can have a positive / negative effect on individuals fitness

**KEY WORDS**

**Interval Training** – High levels of intensity for the exercise followed by a period of rest

**Fitness Programme** – A plan to help you improve on your physical fitness

**Nutrition** – The process of obtaining or providing food for necessary growth

