

Grade 8 - PHE

Unit 1: Workout Wonders

Start: September 4, 2022

Duration: 9 weeks

<p>LEARNING EXPERIENCES. Students will:</p> <ul style="list-style-type: none"> understand the anatomy and physiology of 'High Intensity Interval Training'. describe the benefits and limitations of HIIT. describe and apply the science of 'resting heart rate' and training thresholds (working heart rates). learn to use and read data coming from smart watches. participate in different types of HIIT sessions. evaluate planning and practical performances.
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KEY CONCEPT	Change
RELATED CONCEPTS	Environment, Adaptation

STATEMENT OF INQUIRY	Specific methods may be adapted to suit your changing environment .
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INQUIRY QUESTIONS:	
Factual:	What are the physiological effects of high intensity interval training (HIIT)?
Conceptual:	How does adapting a certain type of method meet the needs of an individual?
Debatable:	Does high intensity interval training really surpass other methods of training?

OBJECTIVES AND ASSESSMENT CRITERIA:

A: Knowledge and Understanding	<p>Students will:</p> <ul style="list-style-type: none"> describe in detail the different health related fitness components and explain in detail how important they are to leading a balanced and active lifestyle. identify different areas of their own personal lifestyle and fitness levels by describing factors affecting their health. Suggest current and new ways to make positive changes. Suggest alternative exercises levels of difficulty and relate it clearly to their own personal goal. effectively communicate using keywords in their detailed explanations.
B: Planning for a performance	<p>Students will:</p> <ul style="list-style-type: none"> outline their goal to improve their lifestyle having described in detail their present activity levels and explained what and how they can improve. design and explain their own HIIT session. Clearly outline why they chose the different training exercises by outlining different benefits and limitations. explain in detail the use of basic training principles when developing their own HIIT session.
C: Applying and performing	<p>Students will:</p> <ul style="list-style-type: none"> recall and apply a range of skills, techniques with exceptional coordination, timing and fluency. recall and apply a range of strategies and fitness components when planning and attempting different fitness tests. recall and apply a range of information using peer and teacher feedback.
D: Reflecting and improving performance	<p>Students will:</p> <ul style="list-style-type: none"> describe different ways to improve their interpersonal skills by explaining how they work with others in class. Able to clearly demonstrate different strategies and ways I can improve these skills. review their training plan and explain I level of effectiveness. By performing their planning, they can clearly explain how it helps them improve their current lifestyle and or sporting activities. explain any advantages and limitations of their planning as well as suggesting alternative strategies to use.

ATLs	Self-management, Reflection, Thinking
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RESOURCES: All templates, lesson links and other materials are in the PHE Teams Unit 1: Training Methods assignment tab.

SUMMATIVE ASSESSMENT:

Criterion A: you will combine your **subject specific knowledge and critical thinking skills** when investigating your lifestyle. **Product:** written work complete, 'Grade 8 Training Methods Planning Document'.

Criterion B: you will combine your **organisation skills** and **subject specific knowledge** when planning the most appropriate set of exercises for HIIT session. **Product:** written work + video or photos evidence, 'Grade 8 Training Methods Planning Document'.

Criterion C: you will use your **organisational skills** when performing your planning and other practical experiences throughout this unit. **Product:** ongoing, all practical experiences and activities.

Criterion D: you will **reflect** about your overall experiences when evaluating your interpersonal skills and planning.

Product: a choice between audio or written. Complete 'G8 HRF Criteria D' task.