

Curriculum Overview: Fitness

Term / Length of Unit	Outline	Assessment	Resources	Knowledge/Skills End Points		Assessment End Point	Reading and Literacy
Year 7 (8-10 lessons)	Pupil will be introduced to basic fitness activities and develop an accurate replication of the required techniques. Pupils prepare and recover from exercise safely and effectively and to gain an understanding of the principles used. Pupils will develop the skills necessary to compete in a number of fitness based events. Pupils will develop and refine skills in order to complete set tasks. Highlight the possible health benefits gained from taking part in fitness based activities and discuss the need to stay healthy and active. Pupils will gain knowledge of the nature of fitness based activities and make effective evaluations of strength and weaknesses in their own and others performances.	Assessment will be carried out at end of the activity block. Students will be graded in line with GCSE assessment criteria. Scores to be inputted into tracker at the end of each activity block. Maximum score of 15* in year 7. *Exceptional students may exceed this mark after consultation with other department members.	Full Schemes of learning on staff resources. Fitness Cards Music Specific equipment to use in lessons. E.g. Weights; Medicine Balls; Skipping ropes etc. Recording sheet Pens Stereo/ICT equipment	To know how to replicate fitness movements using the correct technique. To know how to apply the correct physical literacy e.g. squat jump. To know how to control the body and perform exercises with good body management. To know and understand why fitness activities are good for healthy living. Students know how to warm up safely with guidance	Basic replication of fitness movements Development of physical literacy Developing personal bests and progressive improvement. Developing an understanding of warm ups/fitness terminology		Subject Specific Words: <ul style="list-style-type: none"> - Heart Rate - Effects - Exercise - Training Academic vocabulary: <ul style="list-style-type: none"> - Identify - Communicate - Leadership Reading Strategy: <ul style="list-style-type: none"> - Visual Demonstration - Extended Questioning - Detailed Explanations - Live Modelling - Self/Peer Assessment - Group Discussion - Manual and Mechanical Guidance

<p>Year 8 (8-10 lessons)</p>	<p>Pupil will be introduced to more advanced fitness activities and reinforce accurate replication of the required techniques. Pupils reinforce their understanding of how to prepare and recover from exercise safely and effectively and to gain further understanding of the principles used. Pupils will develop the skills necessary to compete in a number of fitness based events. Pupils will develop and refine skills further in order to complete set tasks. Highlight the possible health benefits gained from taking part in fitness based activities and discuss the need to stay healthy and active. Pupils will gain deeper knowledge of the nature of fitness based activities and make effective evaluations of strength and weaknesses in their own and others performances.</p>	<p>Assessment will be carried out at end of the activity block. Students will be graded in line with GCSE assessment criteria. Scores to be inputted into tracker at the end of each activity block. Maximum score of 20* in year 8. *Exceptional students may exceed this mark after consultation with other department members.</p>	<p>Full Schemes of learning on staff resources. Fitness Cards Music Specific equipment to use in lessons. E.g. Weights; Medicine Balls; Skipping ropes etc. Recording sheet Pens Stereo/ICT equipment</p>	<p>To develop knowledge further of how to replicate fitness. To apply a good knowledge of basic principles to specific activities. Have knowledge on how to apply basic principles of warm up and cool down, using exercises appropriate for the event. To have knowledge in order to compare own and others work and can state the differences. Use this information to attempt to improve own performance</p>	<p>Replication of fitness movements. Challenging physical capacity. Understanding of heart rate and body functioning when exercising. Development of reflective learners</p>		<p>Subject Specific Words:</p> <ul style="list-style-type: none"> - Methods - Principles - Circuits - Fartlek <p>Academic vocabulary:</p> <ul style="list-style-type: none"> - Identify - Communicate - Leadership <p>Reading Strategy:</p> <ul style="list-style-type: none"> - Visual Demonstration - Extended Questioning - Detailed Explanations - Live Modelling - Self/Peer Assessment - Group Discussion - Manual and Mechanical Guidance
<p>Year 9</p>	<p>Pupil will be introduced to more advanced fitness activities and reinforce accurate replication of the required techniques.</p>	<p>Assessment will be carried out at end of the activity block. Students will be graded in line with GCSE assessment</p>	<p>Full Schemes of learning on staff resources. Fitness Cards Music</p>	<p>To develop knowledge further of how to replicate fitness.</p>	<p>Replication of fitness movements. Challenging physical capacity.</p>		<p>Subject Specific Words:</p> <ul style="list-style-type: none"> - Methods - Principles - Circuits - Fartlek

	<p>Pupils reinforce their understanding of how to prepare and recover from exercise safely and effectively and to gain further understanding of the principles used. Pupils will develop the skills necessary to compete in a number of fitness based events. Pupils will develop and refine skills further in order to complete set tasks. Highlight the possible health benefits gained from taking part in fitness based activities and discuss the need to stay healthy and active. Pupils will gain deeper knowledge of the nature of fitness based activities and make effective evaluations of strength and weaknesses in their own and others performances.</p>	<p>criteria. Scores to be inputted into tracker at the end of each activity block. Maximum score of 20* in year 8. *Exceptional students may exceed this mark after consultation with other department members.</p>	<p>Specific equipment to use in lessons. E.g. Weights; Medicine Balls; Skipping ropes etc. Recording sheet Pens Stereo/ICT equipment</p>	<p>To apply a good knowledge of basic principles to specific activities. Have knowledge on how to apply basic principles of warm up and cool down, using exercises appropriate for the event. To have knowledge in order to compare own and others work and can state the differences. Use this information to attempt to improve own performance</p>	<p>Understanding of heart rate and body functioning when exercising. Development of reflective learners</p>		<p>Academic vocabulary: - Identify - Communicate - Leadership</p> <p>Reading Strategy: - Visual Demonstration - Extended Questioning - Detailed Explanations - Live Modelling - Self/Peer Assessment - Group Discussion - Manual and Mechanical Guidance</p>
Year 10	<p>Students will explore a variety of fitness training methods and exercise class formats. They will understand how to improve personal fitness through structured and diverse activities to meet their health and fitness goals.</p>	N/A	<p>Fitness Cards Music Specific equipment to use in lessons. E.g. Weights; Medicine Balls; Skipping ropes etc. Recording sheet Pens Stereo/ICT equipment</p>	<p>Know the different components of fitness and how they relate to personal health. Understand the principles of training (FITT, progressive overload, rest & recovery) and how they apply to different fitness activities.</p>	<p>Perform and adapt a range of training methods with correct technique. Participate effectively in different exercise class formats, showing engagement and effort. Monitor intensity levels using heart rate, RPE, or timing.</p>	N/A	<p>Continuous Training (e.g. jogging, steady-state cycling) Interval Training (e.g. HIIT, Fartlek) Circuit Training Resistance/Strength Training Flexibility Training (e.g. yoga, dynamic & static stretching) Plyometric Training</p>

				<p>Recognise a variety of training methods and exercise class formats (e.g., circuit training, HIIT, continuous training, yoga, spin, body pump). Understand how structured exercise can support general health, well-being, and lifestyle goals. Be aware of safe participation practices, including correct technique, warm-up, and cool-down.</p>	<p>Plan and complete a basic fitness session (including warm-up and cool-down) for a general health goal. Reflect on their own fitness strengths and areas for improvement.</p>		<p>Functional Training Cross-Training Exercise Classes (Yoga, Pilates, HIIT, Zumba)</p>
Year 11	<p>Students will explore a variety of fitness training methods and exercise class formats. They will understand how to improve personal fitness through structured and diverse activities to meet their health and fitness goals.</p>	N/A	<p>Fitness Cards Music Specific equipment to use in lessons. E.g. Weights; Medicine Balls; Skipping ropes etc. Recording sheet Pens Stereo/ICT equipment</p>	<p>Know the different components of fitness and how they relate to personal health. Understand the principles of training (FITT, progressive overload, rest & recovery) and how they apply to different fitness activities. Recognise a variety of training methods and exercise class formats (e.g., circuit training, HIIT, continuous training, yoga, spin, body pump). Understand how structured exercise can support general</p>	<p>Perform and adapt a range of training methods with correct technique. Participate effectively in different exercise class formats, showing engagement and effort. Monitor intensity levels using heart rate, RPE, or timing. Plan and complete a basic fitness session (including warm-up and cool-down) for a general health goal. Reflect on their own fitness strengths and areas for improvement.</p>	N/A	<p>Continuous Training (e.g. jogging, steady-state cycling) Interval Training (e.g. HIIT, Fartlek) Circuit Training Resistance/Strength Training Flexibility Training (e.g. yoga, dynamic & static stretching) Plyometric Training Functional Training Cross-Training Exercise Classes (Yoga, Pilates, HIIT, Zumba)</p>

				health, well-being, and lifestyle goals. Be aware of safe participation practices, including correct technique, warm-up, and cool- down.			
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