

Meden School Curriculum Planning

Subject	CORE PE	Year Group	8	Sequence No.	N/A	Topic	Health Related Exercise
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Retrieval	Core Knowledge	Student Thinking
What do teachers need to retrieve from students before they start teaching new content ?	What specific ambitious knowledge do teachers need teach students in this sequence of learning?	What real life examples can be applied to this sequence of learning to development of our students thinking, encouraging them to see the inequalities around them and 'do something about them!'
<p>Students will retrieve prior learning on the definitions of;</p> <p>Health – A state of emotional, physical and social well-being.</p> <p>Fitness – The ability to meet the physical demands placed on them by the environment.</p> <p>Sedentary lifestyle – A lifestyle predominantly lacking in physical activity</p> <p>Exercise – Any activity that requires physical effort. This is usually aimed at improving health & fitness.</p> <p>Physical activity – Movement of the body by the skeletal muscles that require energy expenditure.</p> <p>Students will know the components of fitness and the tests that can be used for these components</p> <p>Cardiovascular Endurance - the ability to continually exercise without getting fatigued.</p> <p>Muscular Endurance – the ability for the muscles to sustain repeated contractions over a long period of time without getting tired.</p>	<p>Students will learn the correct techniques when using the training methods of continuous training, Fartlek Training, Interval Training, HIIT Training, Weight Training and Circuit Training.</p> <p>Students will learn about each type of training through practicing it in their lessons. They will learn the benefits of this training.</p> <p>Continuous Training Continuous training is a form of exercise that is performed at a continuous intensity throughout and does not involve any rest periods. An example of this is running around a set area continuously without stopping. The benefits of continuous training are building cardiovascular endurance, lung and heart function which will make everyday tasks easier, and you are less likely to get out of breath. Continuous training is suited to marathon runners because their competition involves them not having any rest periods and continually running for extended periods of time.</p> <p>Fartlek Training Fartlek is a Swedish work and it translates into 'speed play'/ Fartlek training involves varying the intensity, or speed of your running to improve your</p> <p>An example of this is running around a set square and walking one of the sides, skipping another, jogging another, and sprinting the final side.</p>	<p>Each week, a key theme will run through all PE lessons linked to real life examples. These will be linked to the particular sport the students are on at the time and will be consistent across the department. The aim will be for students to develop their thinking within the sport, recognise the inequalities within the sport (linked to the topic) and do something about them. A large number of the key themes will come from the CNAT Sport and GCSE PE specification to prepare KS3 students for the option they can take within PE at KS4.</p> <ol style="list-style-type: none"> Physical Activity Government Guidelines and Recommendations - students should have 60 minutes of moderate to high intensity exercise every day. Do they get this? How? Barriers to Participation for Children and Teenagers Solutions to the Barriers Current Issues in Sport/Sport in the News - Linked to the impact of PE on Mental, Physical or Social Health Physical Benefits of Sport and PE on the Body Social Benefits of Sport and PE on the Body ME in PE – Couch to 5km and Meden Park Run Challenge – Students are introduced to two free activities that they can get involved in. Designed to improve physical, social and mental health within PE Popularity of Sport in the UK – what are the current trends for the most popular sport in the UK. Why are they the most popular sports?

<p>Muscular Strength - the maximum amount of force a muscle can exert against a resistance.</p> <p>Speed – the rate at which someone is able to move or cover a set distance in a given amount of time.</p> <p>Agility – the ability to change direction at speed.</p> <p>Balance – the ability to stay upright and maintain centre of gravity.</p> <p>Co-ordination - is the ability to move different limbs at different times or do more than one task effectively at the same time.</p> <p>Flexibility – the greatest range of movement at a joint.</p> <p>Reaction Time - is the time it takes for you to initiate an action or movement in response to a stimuli.</p> <p>Power – the combination of speed and strength.</p> <p>Fitness testing – carry out a number of tests to assess an individual's fitness levels (E.g. resting heart rate, VO_{2max}, muscular/cardiovascular fitness, heart rate recovery, Blood pressure, waist circumference).</p> <p>Multi Stage Fitness Test - measures Cardiovascular Endurance</p> <p>12 Minute Cooper Run - measures Cardiovascular Endurance</p> <p>Press Up/ Sit Up Test – measures Muscular Endurance</p> <p>30m Sprint - measures Speed</p>	<p>The benefits to Fartlek training are that it improves your cardiovascular endurance and speed.</p> <p>Fartlek training is suited to athletes such as footballers who vary their speed in their games.</p> <p>Interval Training</p> <p>Interval training consists of repeated exercises ranging from several minutes to a few seconds with intervals that are periods of lesser intensity or rest.</p> <p>An example of this is running around a set square for 30 seconds and then walking for 30 seconds, then repeating the same process.</p> <p>Interval training improves cardiovascular endurance and is suited to rugby players who must run and walk a lot in a game and are required to have good cardiovascular endurance.</p> <p>HIIT Training</p> <p>HIIT training stands for High Intensity Interval Training. This involves high intensity work periods from 30 seconds to 3 minutes working between 80 – 100% of your maximum heart rate with shorter rest periods as you become fitter.</p> <p>The benefits of HIIT training are dependent on the activity but can include cardiovascular endurance, muscular strength and muscular endurance.</p> <p>An example of this is doing burpees as fast and as powerfully as you can for 30s. Then taking a rest and repeating this skill. You can vary the skill that you are performing but you must work hard enough to get your heart rate between 80 and 100% of your maximum heart rate.</p> <p>Max HR = 220 – you age.</p> <p>Athletes that benefit from HIIT training are boxers as their competitions are fast paced and high in intensity.</p> <p>Weight Training</p> <p>Weight training is a common type of strength training for improving muscle size and strength. It uses the force of gravity in the form of</p>	<ol style="list-style-type: none"> 9. Emerging/Growing Sports in the UK – which sports are new to the UK? How can we make them more popular? 10. National Governing Bodies – What is their role within a sport? What are the key NGB's for each sport? 11. Major Sporting Events – What are they? When and where do they occur? 12. Olympic Creed and Olympic Values 13. Current Issues in Sport/Sport in the News – Linked to new sports, growing sports or a major sporting event occurring 14. ME in PE – Couch to 5km and Meden Park Run Challenge – Students are introduced to two free activities that they can get involved in. Designed to improve physical, social and mental health within PE 15. Sporting Values – Excellence – Linked to Role Models and demonstrating excellence within a sport 16. Sporting Values - Tolerance and Respect 17. Sporting Values – Fair play 18. Sporting Values – Teamwork and Inclusion 19. Sporting Values - Citizenship 20. ME in PE – Couch to 5km and Meden Park Run Challenge – Students are introduced to two free activities that they can get involved in. Designed to improve physical, social and mental health within PE 21. Performance Enhancing Drugs – What are they and why are they taken? 22. Gamesmanship and Deviance 23. Sportsmanship and Success of Teams 24. Current Issues in Sport/ Sport in the News – linked to examples of athletes demonstrating sportsmanship, gamesmanship or taking performance enhancing drugs 25. ME in PE – Couch to 5km and Meden Park Run Challenge – Students are introduced to two free activities that they can get involved in. Designed to improve physical, social and mental health within PE 26. Money in Sport – Wage disparity between certain sports and genders. Amateur vs professional sport
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<p>Sit and Reach - measures Flexibility Illinois Agility - measures agility Hand Grip Test - measures Muscular Strength Ball Wall Catch Test - measures Co-ordination Vertical Jump - measures Power Standing Broad Jump - measures Power Ruler Drop Test - measures Reaction Time</p>	<p>weighted bars, dumbbells, or weights to oppose the force generated by the muscle through concentric and eccentric muscle contractions. Weight training improves muscular strength which is suited to athletes such as Rugby players who need good strength when making a tackle.</p> <p>Circuit Training Circuit training is a form of body conditioning that involves endurance and resistance training, high intensity aerobics and exercises performed in stations that are performed at a high intensity. The benefit to circuit training is that it builds muscular strength and endurance. An example of this may be a circuit of Star jumps Press ups Sit ups Burpees Tricept dips Shuttle runs Lunges Mountain climbers 1 minute is spent at each station and students work their hardest in this time before moving to the next station. Athletes that would benefit from circuit training are cyclists as it helped them to be strong and keep going over longer periods which is needed in cycling.</p>	<p>27. Technology in Sport – How has it advanced? Advantages and Disadvantages 28. Gender in Sport – challenging stereotypes in sports as the player, official or manager 29. Paralympics and Disabled Sport – examples of sports and accessibility 30. Race and Equality in Sport – examples of campaigns within sports – Kick it out campaign and RESPECT 31. LGBTQ - Pride Sport – their role in challenging LGBTQ phobia in sport 32. ME in PE – Couch to 5km and Meden Park Run Challenge – Students are introduced to two free activities that they can get involved in. Designed to improve physical, social and mental health within PE 33. Diet and Nutrition 34. Skeletal and Muscular System 35. Cardiovascular System 36. Respiratory System 37. Assessing Risk in Sport 38. Sporting Injuries 39. Current Issues in Sport/ Sporting News – linked to injuries, new science, diet, nutrition etc 40. ME in PE – Couch to 5km and Meden Park Run Challenge – Students are introduced to two free activities that they can get involved in. Designed to improve physical, social and mental health within PE</p>
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