|  |
| --- |
| **Core Knowledge Map** |
| Subject: PE | Year: 7 | Activity Area: Fitness |
| What are we learning? |
| Introduction to basic components of fitness and short term effects of exercise |
| How will I be assessed  |
| Assessment is through the three strands of the PE curriculum A-Ability: B-Brain and C-Community. These assessments are carried out every lesson through observation of your level of fitness and ability to complete methods of training, group and targeted questioning and the demonstration of your confidence, evaluative skills and ability to cooperate with others.  |
| Big questions: |
|

|  |  |  |
| --- | --- | --- |
| What is circuit training | What happens to heart rate during warm up sustained exercise and recovery? And why? | Name and explain three components of fitness |
| What is continuous training |  | What is the importance of flexibility? |

 |
| How does this build on previous learning? | How will this link to my future learning? |
| Key Stage 2 science and PE – types of fitnessKey stage 2 science and PE – effects of exerciseKey stage 2 science and PE – healthy lifestyles | Knowledge of further components of fitness in PEApplication of components of fitness in others areas of PEKnowledge of short term effects of exercise to understand how their body responds, what is normal and what this means for both performance and managing your body |
| Core knowledge: | Key vocabulary: |
| Components of fitness – * Aerobic Endurance
* Strength
* Speed
* Flexibility

Short Term Effects of Exercise –* Increased breathing rate
* Increased hart rate
* More oxygen needed

Healthy lifestyle choices – * Importance of exercise
* Importance of Diet choices
 | Aerobic EnduranceStrength SpeedFlexibilityIncreased breathing rateIncreased hart rate | More oxygen neededObesityCarbohydrateSugarFat |
| Need more help? |
| Join fitness club all year round at lunch time or after school school free of charge with the PE department.ORCheck out this website for further information on  |