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| **Core Knowledge Map** | | | | |
| Subject: PE | Year: 8 | | Activity Area: Fitness | |
| What are we learning? | | | | |
| Develop knowledge of the components of fitness, short term effects of exercise & methods of training | | | | |
| 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 the difference between health and skill related components of fitness? | I know how to use weights safely with assistance | What is progressive overload? | | For a given sport provide the three most important components of fitness and explain why | What is the difference between interval training and fartlek training? |  | | | | | |
| How does this build on previous learning? | | How will this link to my future learning? | | |
| Year 7 curriculum –   * components of fitness * short term effects of exercise | | * Knowledge of further components of fitness in PE * Application of components of fitness in others areas of PE * Knowledge 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 * Ways to improve your fitness | | |
| Core knowledge: | | Key vocabulary: | | |
| Components of fitness –   * Agility * Muscular endurance * Co-ordination   Short Term Effects of Exercise –   * Increased CO2 * Lactic Acid   Methods of training –   * Interval training * Circuit training * Fartlek training * Weight training * Progressive overload | | Agility  Muscular endurance  Co-ordination  Increased CO2  Lactic Acid  Rest and Recovery  Progressive Overload | | More oxygen needed |
| Need more help? | | | | |
| Join fitness club all year round at lunch time or after school school free of charge with the PE department.  OR  Check out this website for further information on | | | | |