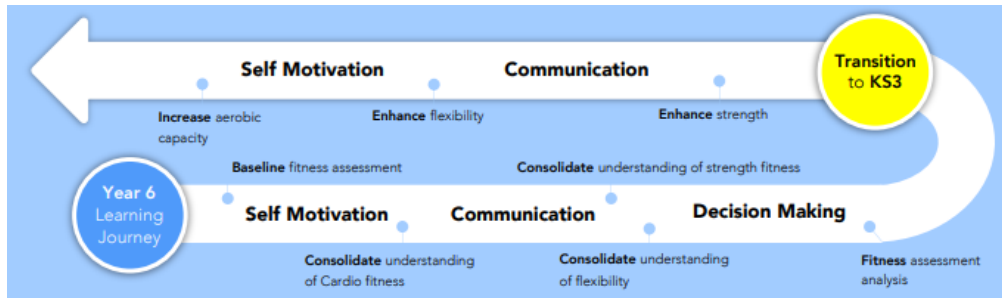




Health Related Exercise

Lesson sequence



Concept Links/Prior Knowledge

The unit of work will consolidate pupils understanding of strength, flexibility and the cardiovascular elements of fitness. Pupils will perform cardio, flexibility and strength focused circuits enhancing their own fitness.

New vocabulary I will learn

Cardiovascular System: The cardiovascular system is responsible for transporting oxygen and nutrients around our bodies.
Flexibility: Flexibility is the elasticity of muscles when stretching and the ability to move joints through a full range of motion.
Fitness: Physical fitness is a state of health and well-being that means you are able to take part in all your normal daily activities, including sport, with ease.

Vocabulary revision

Circuits: Circuit training is a combination of six or more exercises performed with short rest periods between them for either a set number of repetitions or a prescribed amount of time.

Fitness Assessment/Test A fitness test will evaluate your overall health and physical status. The test marks the starting point for designing an appropriate exercise programme.



Pupil Assessment Card

Pupil Name: _____

Continuous Running		Sit and Reach		Speed Shuttles		Squat	
Week 1	Week 6	Week 1	Week 6	Week 1	Week 6	Week 1	Week 6

