

Physical Education

Level 3

Topic:	Fitness Activities
Sub-Topic:	Fitness
Overview:	<p>This practical unit is designed to develop the understanding of the different aspects of fitness. Using a variety of training methods, including: circuit training, cardio and strength (weight). Students will work individually and in groups to explore a range of activities and facilities (e.g. fitness suite) to improve their performances and meet their fitness goals. Heart Rate is explored through the use of monitoring and used to set training targets as part of a series of individualised session plans.</p>
Content:	<p>Safety Introduced to benefits of appropriate warm ups and cool downs Safe use of equipment</p> <ul style="list-style-type: none">• Familiarisation of equipment• Upkeep and hygiene of equipment• Supervision of weights, spotting & changing pins• Sessions are appropriate to pupils level of development <p>Fitness Suite Students are given access and an introduction to the use of the fitness suite that includes a variety of equipment Including;</p> <ul style="list-style-type: none">▪ Cardio Machines e.g. treadmills, bikes, rowers▪ Resistance Machines e.g. leg press, dual pulley▪ Body Weight Equipment e.g. Pull up bars▪ Dumbbells, Medicine Balls and ropes▪ Resistance Bands▪ Skipping Ropes <p>Aspects of Fitness Core stability - The capacity of the muscles of the torso to assist in the maintenance of good posture, balance, etc., especially during movement. Testing - Plank Movement Test Methods of training - Core stability exercises are often included in conditioning circuits and HIIT training. Exercises include:</p> <ul style="list-style-type: none">• Russian twists• Side planks• Inch worm• Leg raises• Clock Planks <p>Example: Core stability is used to support balance when lunging in badminton.</p> <p>Strength - maximum force a muscle or group of muscle can apply against a resistance in a push, pull or lift motion. Main muscle groups e.g. quadriceps, deltoids Testing - Grip Dynamometer Methods of training- circuits and weight training</p>

Exercises include:

- Press ups
- Resistance machines e.g. leg press
- Weights
- Squats with rack
- Bench Press

Example: Strength is need to overpower your opponent in a hockey block tackle

Stamina (CRE) - How long you can perform without tiring. It mainly refers to the ability of the heart (cardio) and lungs (respiratory) to continuously supply oxygenated blood to the working muscles.

Testing - Beep Test

Methods of training:

- Continuous running - (20 minute minimum) long distance run
- Fartlek - Continuous run with a change of pace throughout
- HIIT - High Intensity Interval Training
- Interval Training - Alternating work and rest periods throughout

Example: Stamina is needed to be able to keep running throughout a game of football

Muscular endurance - Ability of a muscle or group of muscles to sustain repeated contractions against a resistance for an extended period of time.

Testing - Sit up test , push up test = 1 minute max

Methods of training - Circuit

Circuits and interval training using exercises and equipment such as;

- Step ups on box
- Box jumps
- TRX cables
- Pull ups
- Bodyweight exercises e.g. sit ups & press ups
- Tabata - 20 secs on 20 secs off
- EMOM - beginning exercises every minute on minute

Example: Using muscles continuously in swimming

Power- Combination of speed and strength produces a forceful movement quickly.

Testing - Standing broad jump

Methods of training - Circuit training, plyometrics and HIIT

Exercises include;

- Box Jumps
- Single leg squats
- Burpees
- Ski Jumps

Example: Power can be used to gain height for a lay-up in basketball

Principles of Training and Adapting Sessions

- Alternating muscle groups
- Sets and Repetitions (reps) -
- Work to rest ratios
- Circuit Organisation
- Progressive Overload
 - Frequency - How often
 - Intensity - How hard
 - Time - How long
- Specificity - Specific muscle groups or aspect of fitness
- Reversibility and Recovery time and overtraining
- Variance - Variety of activity

Planning, Developing and Adapting Fitness Programmes

- General or Specific fitness plans
- SMART target/goal setting
- Use of set/reps/weight to set challenging fitness goals/targets
- Methods for monitoring- Fitness cards or Ipad

Heart Rate Monitoring

- Use of polar Heart Rate monitors or Smart watches
- Heart rate zones
- Heart Rate Measures - Max HR, Average HR, Recovery times

Health & Wellbeing

- Lifestyle habits- Lifelong participation
- Daily, weekly exercise requirements to maintain health
- Positive impact on mental, emotional & social health

Fitness

Level 3

Significant Aspects of Learning

