



TOPIC	Fitness – Developing a Healthy Active Lifestyle	Block 1 Week 1
<u>WHAT</u>	<i>Introduce the fundamental basics of boxing skills</i>	
WHY	<i>To <u>develop boxing skills</u> and promote <u>lifelong participation</u> in physical activity and sport</i>	

Student success criteria	FITNESS MEA 3/4/5	FITNESS MEA 6/7	FITNESS MEA 8/9
 LIFELONG PARTICIPATION	I am able to describe the correct stance, jab and straight shot technique.	I am able to explain how to improve my stance, jab and straight shots to allow me to complete a boxing session independently in the future.	I am able to breakdown stance, jab, uppercut and straight shots to allow me to lead a boxing session independently in the future.
 APPLICATION OF SKILL	I am beginning to perform some of the basic skills of boxing such as jab and straight shots in isolation.	I am able to perform some of the basic skills of boxing with a degree of success. I am starting to hit my opponent with clean shots.	My new skills allow me to have a solid defence whilst being effective on the attack making clean, powerful scoring shots.

PROGRESS AGAINST TARGETS		
MINIMAL 1 stamp	GOOD 2 stamps	OUTSTANDING 3 stamps



ATTITUDE TO LEARNING		
MINIMUM EFFORT 1 stamp	GOOD EFFORT 2 stamps	OUTSTANDING EFFORT 3 stamps

Key Literacy
Coordination/ power/
jab/ stance/ straight

Crucial Learning – You
must guard your face
throughout

SMSC – Touch gloves at
the start to show respect
for your partner

TOPIC	Fitness – Developing a Healthy Active Lifestyle	Block 1 Week 1
<u>WHAT</u>	<i>Develop an understanding of circuit training</i>	
WHY	<i>To promote <u>lifelong participation</u> in physical activity and sport by understanding how to complete circuit training. To develop a <u>growth mindset</u> by pushing myself when I find the session difficult.</i>	

Student success criteria	FITNESS MEA 3/4/5	FITNESS MEA 6/7	FITNESS MEA 8/9
 LIFELONG PARTICIPATION	I can describe how circuit training should run and how it can contribute to fitness and health. I can name sports that would benefit from circuit training.	I can explain how to set up a specific circuit and can say how it can contribute to fitness. I know what sets and reps are and understand the importance of work and rest time at stations on a circuit	I can justify why I have set up a circuit to benefit individual components of an athlete's fitness. I know what sets and reps are and understand the importance of work and rest time at stations on a circuit
 GROWTH MINDSET	I complete all the exercises but I don't push myself and when it gets difficult.	I complete the exercises and I know it will get tough. However, I strive to do my best.	I am determined to do my very best. I encourage others to do their best.

PROGRESS AGAINST TARGETS		
MINIMAL 1 stamp	GOOD 2 stamps	OUTSTANDING 3 stamps



ATTITUDE TO LEARNING		
MINIMUM EFFORT 1 stamp	GOOD EFFORT 2 stamps	OUTSTANDING EFFORT 3 stamps

Key Literacy
Circuit/ aerobic/
anaerobic

Crucial Learning – Aerobic- long work, short/no rest, moderate intensity. Anaerobic- short work, long rest, high intensity

SMSC – Encourage, motivate, and congratulate others that you see pushing themselves

TOPIC	Fitness – Developing a Healthy Active Lifestyle	Block 1 Week 2
<u>WHAT</u>	<i>Develop an understanding of weight training</i>	
WHY	<i>To promote <u>lifelong participation</u> in physical activity and sport by understanding how to complete weight training. To develop a <u>growth mindset</u> by pushing myself when I find the session difficult.</i>	

Student success criteria	FITNESS MEA 3/4/5	FITNESS MEA 6/7	FITNESS MEA 8/9
 LIFELONG PARTICIPATION	<p>I know various different weight training exercises.</p> <p>I can describe what type of activity I need to do more of to improve my muscular strength and power.</p>	<p>I know various weight training exercises and the muscles these target.</p> <p>I can explain what I need to do to my weekly exercise regime to develop my strength and power.</p>	<p>I am confident I could design various weight training activities to help improve my strength and Power and justify these. I can monitor my partner's performance AND encourage them to keep going or do even better.</p>
 GROWTH MINDSET	<p>I complete a weight training session but I don't push myself when it gets difficult.</p>	<p>I complete a weight training session and I know it will get tough. However, I strive to do my best.</p>	<p>I am determined to get the best out of the weight training session and I overcome the challenges faced when doing it.</p>

PROGRESS AGAINST TARGETS		
MINIMAL 1 stamp	GOOD 2 stamps	OUTSTANDING 3 stamps



ATTITUDE TO LEARNING		
MINIMUM EFFORT 1 stamp	GOOD EFFORT 2 stamps	OUTSTANDING EFFORT 3 stamps

Key Literacy
Strength/ set/ repetition

Crucial Learning – Repetition:
number of times a movement is
performed in one go. Set: number of
groups of these repetitions.

SMSC – Encourage, motivate,
and congratulate others that
you see pushing themselves

TOPIC	Fitness – Developing a Healthy Active Lifestyle	Block 1 Week 2
<u>WHAT</u>	<i>Develop an understanding of yoga</i>	
WHY	<i>To <u>develop yoga skills</u> and promote <u>lifelong participation</u> in physical activity and sport</i>	

Student success criteria	FITNESS MEA 3/4/5	FITNESS MEA 6/7	FITNESS MEA 8/9
 LIFELONG PARTICIPATION	I can describe various basic Yoga / Pilates positions and understand the benefits of Yoga / Pilates for the mind as well as the body.	I can explain various basic / intermediate Yoga / Pilates positions and can explain the benefits of Yoga / Pilates for the mind as well as the body.	I can explain various complex Yoga / Pilates positions and can justify the benefits of Yoga / Pilates for the mind as well as the body. I feel confident enough that I have the knowledge to plan and lead my own Yoga / Pilates session.
 APPLICATION OF SKILL	I can perform a variety of basic Yoga / Pilates positions demonstrating some flexibility and strength .	I perform a variety of basic / intermediate Yoga / Pilates positions demonstrating flexibility and strength .	I perform a variety of Yoga / Pilates positions of varying difficulty demonstrating flexibility and strength . I always show control of my movements.

PROGRESS AGAINST TARGETS		
MINIMAL 1 stamp	GOOD 2 stamps	OUTSTANDING 3 stamps



ATTITUDE TO LEARNING		
MINIMUM EFFORT 1 stamp	GOOD EFFORT 2 stamps	OUTSTANDING EFFORT 3 stamps

Key Literacy
Yoga/ pilates/ flexibility/
strength

Crucial Learning – Repetition:
number of times a movement is
performed in one go. Set: number of
groups of these repetitions.

SMSC – Provide effective
feedback to others to support
them throughout the session

TOPIC	Fitness – Developing a Healthy Active Lifestyle	Block 1 Week 3
<u>WHAT</u>	<i>Develop an understanding of HIIT training</i>	
WHY	<i>To promote <u>lifelong participation</u> in physical activity and sport by understanding how to complete circuit training. To develop a <u>growth mindset</u> by pushing myself when I find the session difficult.</i>	

Student success criteria	FITNESS MEA 3/4/5	FITNESS MEA 6/7	FITNESS MEA 8/9
 LIFELONG PARTICIPATION	<p>I can describe what HIIT stands for and the basic principles around this type of training.</p> <p>I know and understand some basic exercises that I could incorporate into my own HIIT session to improve my fitness.</p>	<p>I can explain what HIIT stands for and the basic principles around this type of training.</p> <p>I know and understand various exercises could incorporate into my own HIIT training session to improve my own and others fitness.</p>	<p>I know and can design various exercises to incorporate within a HIIT training session.</p> <p>I can justify how I would adapt a HIIT training programme using the fitness principle of Intensity to improve my sporting performance.</p>
 GROWTH MINDSET	<p>I complete a HIIT training session but I don't push myself and when it gets difficult.</p>	<p>I complete a HIIT training session and I know it will get tough. However, I strive to do my best.</p>	<p>I am determined to get the best out of my HIIT training session and I overcome the challenges faced when doing it.</p>



PROGRESS AGAINST TARGETS			ATTITUDE TO LEARNING		
MINIMAL 1 stamp	GOOD 2 stamps	OUTSTANDING 3 stamps	MINIMUM EFFORT 1 stamp	GOOD EFFORT 2 stamps	OUTSTANDING EFFORT 3 stamps

Key Literacy
HIIT/ growth mindset

Crucial Learning – HIIT- should be high intensity work for a short period of time with rest periods in between

SMSC – Encourage, motivate, and congratulate others that you see pushing themselves

TOPIC	Fitness – Developing a Healthy Active Lifestyle	Block 1 Week 3
<u>WHAT</u>	<i>Develop an understanding of cross fit training</i>	
WHY	<i>To promote <u>lifelong participation</u> in physical activity and sport by understanding how to complete cross fit training. To develop a <u>growth mindset</u> by pushing myself when I find the session difficult.</i>	

Student success criteria	FITNESS MEA 3/4/5	FITNESS MEA 6/7	FITNESS MEA 8/9
 LIFELONG PARTICIPATION	I can describe the basic principles of Crossfit and different exercises that can be used in the challenges.	I can explain the principles of Crossfit and different exercises that can be used in the challenges and the muscles these target.	I am confident I could design various Crossfit challenges to help improve my fitness and justify these. I can monitor my partner's performance AND encourage them to keep going or do even better.
 GROWTH MINDSET	I complete a Crossfit training session but I don't push myself and when it gets difficult.	I complete a Crossfit training session and I know it will get tough. However, I strive to do my best .	I am determined to get the best out of the Crossfit training session and I overcome the challenges faced when doing it.

PROGRESS AGAINST TARGETS		
MINIMAL 1 stamp	GOOD 2 stamps	OUTSTANDING 3 stamps



ATTITUDE TO LEARNING		
MINIMUM EFFORT 1 stamp	GOOD EFFORT 2 stamps	OUTSTANDING EFFORT 3 stamps

Key Literacy
Crossfit/ EMOM/ AMRAP

Crucial Learning – Crossfit
example sessions- EMOM: every
minute on the minute, AMRAP:
as many rounds as possible

SMSC – Encourage, motivate,
and congratulate others that
you see pushing themselves

TOPIC	Fitness – Developing a Healthy Active Lifestyle	Block 1 Week 4-5
<u>WHAT</u>	<i>Develop an understanding of how to plan and carry out a training session</i>	
WHY	<i>To promote <u>lifelong participation</u> in physical activity and sport by understanding how to plan a training session. To develop a <u>growth mindset</u> by pushing myself when I find the session difficult.</i>	

Student success criteria	FITNESS MEA 3/4/5	FITNESS MEA 6/7	FITNESS MEA 8/9
 LIFELONG PARTICIPATION	<p>I help to design a training session with my partner based on one of the activities from the past 3 weeks.</p> <p>I can describe how the activity chosen will improve my physical fitness.</p> <p>I know and can describe what I would adapt to improve my training session further.</p>	<p>I can design a training session based on one of the activities from the past 3 weeks.</p> <p>I can explain how the activity chosen will improve my physical fitness.</p> <p>I know and can explain what to adapt within our training programme to improve the training session further.</p>	<p>I can design various different training sessions for each lesson looking at a different activity each time.</p> <p>I can evaluate and justify how I would adapt the training session to improve my sporting performance further.</p>
 GROWTH MINDSET	<p>I complete a training session but I don't push myself and when it gets difficult.</p>	<p>I complete a training session and I know it will get tough. However, I strive to do my best.</p>	<p>I am determined to get the best out of my training session and I overcome the challenges faced when doing it.</p>

PROGRESS AGAINST TARGETS			ATTITUDE TO LEARNING		
MINIMAL 1 stamp	GOOD 2 stamps	OUTSTANDING 3 stamps	MINIMUM EFFORT 1 stamp	GOOD EFFORT 2 stamps	OUTSTANDING EFFORT 3 stamps

Key Literacy
Crossfit/ HIIT/ yoga/
weight/circuit

Crucial Learning – Consider the component of fitness you would like to improve and how you would go about doing this

SMSC – Encourage, motivate, and congratulate others that you see pushing themselves