

Unit of Work

Title: Health Related Exercise

Year: 8

Length of unit: 8 x 60 min lessons

Lesson	Objectives	Possible Activities
1	<ul style="list-style-type: none"> Develop warm up and cool down ideas. Look at the effects of HR within each of these. 	Pre and Post exercise HR Recovery Rate Dynamic / Static stretching Sports specific stretching Introduce Testing (see lesson 2)
2	<ul style="list-style-type: none"> To develop an understanding and experience HRF testing 	Body Composition; BMI; Cooper 12 minute Run; Hand Grip; Sit and Reach
3	<ul style="list-style-type: none"> Develop understanding of methods of training Muscular Endurance 	Circuit Low Weight / High Reps
4	<ul style="list-style-type: none"> Develop understanding of methods of training CV Endurance 	Continuous; Fartlek; Low intensity; Pacing activities
5	<ul style="list-style-type: none"> Develop understanding of methods of training Muscular Strength 	Compare to LME Circuit – high weight; low rep; increased rest
6	<ul style="list-style-type: none"> To perform and evaluate fitness tests 	Compare previous test results to now? Any changes? If so why? If not why not?
7	<ul style="list-style-type: none"> To plan, perform and evaluate a circuit specific to individual needs 	Groups of 6. Design 8 station circuit for a particular component of fitness (as previously discussed). Perform own circuit
8	<ul style="list-style-type: none"> To perform and evaluate (providing feedback), circuits designed by other members of the class 	Instruct, perform and evaluate