

**Maghull High School - Year 9 Scheme of Work - Fitness**

**Prior Learning:** Some students will have experience of fitness related topics and activities whilst competing in extracurricular clubs outside of school.

**Expectations:** Pupils are expected to play an active role in all lessons regardless of injury or illness. Pupils are expected to make regular contributions as performers and leaders. Pupils are expected to take pride in their learning and show their desire to improve and develop.

**3 Pillars of Progress**

**Motor Competence**

Each lesson will focus on each of the components of fitness below. Students will explore each component of fitness by taking part in specific activities. Fitness tests will also be completed where possible.

**Skill Related Components of Fitness:**

- Agility  
Fitness Test- T test/ Illinois  
Examples of Drills- ladders drills, slalom runs, skipping, box drill, 3 cone L drill, W drill
- Balance  
Fitness Test- Stork stand test (static) Tandem walk test (dynamic)  
Examples of Drills- tree pose, 1 leg stand, Plank/ Side plank, Bosu training- clock toe touches, bird dog, sideways walking
- Co-ordination  
Fitness Tests- alternate hand wall toss test  
Examples of Drills- juggling activities with tennis ball, unstable surface training, ball toss/wall toss, jump rope, medicine ball throws, agility ladder drills
- Power  
Fitness Test- standing long jump, vertical jump  
Examples of Drills- medicine ball throw, 30m sprint, Plyometric drills- box jumps, lateral bounds, broad jumps, explosive power lifts using kettlebells, plyometric pushups (explosive power),
- Reaction Time  
Fitness Test- ruler drop test, drop ball test  
Examples of Drills- partner ball drop and catch, Simon says. Opposites, heads and catches, mirror game.
- Speed  
Fitness Test- 30m sprint  
Examples of Drills- speed bounce, acceleration speed drills, cone drills.
- **Health Related Components of fitness:**
- Aerobic Endurance  
Fitness Tests- 12 min cooper run, Harvard step test  
Examples of Drills- circuit training, jump rope, interval running, box drills
- Muscular Endurance  
Fitness Tests- 30 second push up test, 30 second sit up test  
Examples of drills- Circuit training to include the following- press ups, squats, lunges, kettlebell swings, planks.
- Muscular Strength  
Fitness Tests- Handgrip dynamometer tests, body weight tests ie press ups, squats, plank hold  
Examples of drills- Circuit including- glute bridges, planks, lunges, pull ups/rows, squats, deadlifts, push-ups.
- Balance  
Fitness Tests- stork stand, single leg stance  
Examples of Drills- sit-to-stand, clock toe touches, heel-to-toe walk, side leg raises, single leg stand
- Flexibility

Baseline Fitness Testing  
Tests for Components of Fitness  
Circuit Training  
Interval & Heart Rate  
Principles of Training  
Muscular Strength and Power  
Personal Fitness  
Planning  
Leadership & Coaching  
Final Evaluation

**Rules, Tactics and Strategies**

**Tactics and Strategy**

- How to move
- When to move
- Where to move
- Apply strategies for effective performance
- Adapt & refine strategies to suit activity

**Knowledge & Understanding**

- Name & stretch specific muscle groups
- Identify the definitions for each component of fitness linking to sport.
- Understand Physiology- immediate effects of exercise & long-term effects
- Make effective evaluations of strengths and weaknesses in own performance.
- Apply SMART targets to set personal goals based on their own performance

**Healthy Participation**

The Fitness module is delivered in conjunction with one of the following Healthy Participation modules:

1. Warm-up and cool-down
2. Physical, emotional and social benefits of exercise
3. Components of fitness
4. Ethics
5. Diet
6. Muscular System
7. Cardiovascular System
8. Respiratory System

Pupils will cover all 8 modules throughout the academic year. Pupils will be assessed across all 8 modules in addition to their practical assessments.

Fitness Tests- Sit and Reach Examples of Drills- Pilates/Yoga workout led by teacher to music				
<b>Assessment / Feedback Opportunities</b>	<b>Formative Assessment</b> <ul style="list-style-type: none"> <li>• Teacher observation</li> <li>• Q&amp;A</li> <li>• Discussion</li> <li>• Peer assessment</li> <li>• Self assessment</li> <li>• I can statements</li> </ul>	<b>Summative Assessment</b> <ul style="list-style-type: none"> <li>• End of topic practical assessment</li> <li>• Healthy Participation knowledge assessment</li> </ul>		
<b>Key Vocabulary</b>	In addition to the key words and terms documented within the 3 Pillars of Progress. <u>Components of Fitness</u> (Strength, Endurance, Flexibility, Speed, Agility, Power, Balance, Coordination, Reaction Time), Physiology (Aerobic/Anaerobic, Heart Rate, Alveoli, Muscles, Joints, Tendons, Ligaments), Training Principles (FITT, Specificity, Progressive Overload), Activity Terms (Warm-up, Cool-down, HIIT, Circuit Training), and Performance Analysis (1RM, Data Collection)			
<b>Literacy/Reading opportunities</b>	<ul style="list-style-type: none"> <li>• Subject specific vocabulary discussed with the lesson</li> <li>• Pupils reading success criteria</li> <li>• Reading and following instructions</li> </ul>			

	<ul style="list-style-type: none"> <li>• Teacher reading success criteria and modelling language</li> <li>• Reading and interpreting data on fitness tests results to compare against national data</li> <li>• Non participants task sheets- reading and writing tasks related to the lesson</li> </ul>
<b>Cross Curricular Themes</b>	<p>Science- Body systems, muscular systems, physics of motions, health consequences</p> <p>Maths- reading and interpreting data, analysing data on HR, training zones, % of HR max, calculating % of measuring fitness over time using HR, statistics- compare against national data, using formulae to estimate target training zones</p> <p>Literacy- all key terminology linked to fitness</p>
<b>Personal Development (Including British Values, RSE, Citizenship)</b>	<p>Democracy- using student voice to decide on leadership roles and influence physical activity choices</p> <p>Rule of Law- adhering to safety regulations in fitness environments</p> <p>Individual Liberty- promoting personal goal setting and freedom to choice healthy active lifestyle paths</p> <p>Mutual respect- encouraged through teamwork, respecting opponents and valuing diverse physical abilities</p> <p>Personal Development- mental wellbeing, character building, leadership and communication, critical thinking.</p>
<b>Career Opportunities</b>	Sports coach, Personal Trainer, PE teacher, Gym owner, Sports Massage, Sports Physiotherapist, Strength and Conditioning coach, nutritionist, dietician, sports journalism, fitness centre management.

### Maghull High School - Year 10 Scheme of Work - Fitness

**Prior Learning:** All students will have experience of fitness scheme of work in Year 9 aswell as some related topics and activities whilst competing in extracurricular clubs outside of school.

**Expectations:** Pupils are expected to play an active role in all lessons regardless of injury or illness. Pupils are expected to make regular contributions as performers and leaders. Pupils are expected to take pride in their learning and show their desire to improve and develop.

### 3 Pillars of Progress

<b>Motor Competence</b>	<b>Rules, Tactics and Strategies</b>	<b>Healthy Participation</b>
	<p><b>Tactics and Strategy</b></p> <ul style="list-style-type: none"> <li>• How to move - demonstration of correct technique</li> <li>• Apply strategies for effective performance</li> <li>• Adapt &amp; refine strategies to suit activity</li> </ul>	<p>The Fitness module is delivered in conjunction with one of the following Healthy Participation modules:</p>

<p>Focus will be on students leading the test/ safely administrating the test and identifying advantages/disadvantages of tests.</p> <p><b>Skill Related Components of Fitness:</b></p> <ul style="list-style-type: none"> <li>• Agility</li> </ul> <p>Fitness Test- T test/ Illinois</p> <p>Examples of Drills- ladders drills, slalom runs, skipping, box drill, 3 cone L drill, W drill</p> <ul style="list-style-type: none"> <li>• Balance</li> </ul> <p>Fitness Test- Stork stand test (static) Tandem walk test (dynamic)</p> <p>Examples of Drills- tree pose, 1 leg stand, Plank/ Side plank, Bosu training- clock toe touches, bird dog, sideways walking</p> <ul style="list-style-type: none"> <li>• Co-ordination</li> </ul> <p>Fitness Tests- alternate hand wall toss test</p> <p>Examples of Drills- juggling activities with tennis ball, unstable surface training, ball toss/wall toss, jump rope, medicine ball throws, agility ladder drills</p> <ul style="list-style-type: none"> <li>• Power</li> </ul> <p>Fitness Test- standing long jump, vertical jump</p> <p>Examples of Drills- medicine ball throw, 30m sprint, Plyometric drills- box jumps, lateral bounds, broad jumps, explosive power lifts using kettlebells, plyometric pushups (explosive power),</p> <ul style="list-style-type: none"> <li>• Reaction Time</li> </ul> <p>Fitness Test- ruler drop test, drop ball test</p> <p>Examples of Drills- partner ball drop and catch, Simon says. Opposites, heads and catches, mirror game.</p> <ul style="list-style-type: none"> <li>• Speed</li> </ul> <p>Fitness Test- 30m sprint</p> <p>Examples of Drills- speed bounce, acceleration speed drills, cone drills.</p> <p><b>Health Related Components of fitness:</b></p> <ul style="list-style-type: none"> <li>• Aerobic Endurance</li> </ul> <p>Fitness Tests- 12 min cooper run, Harvard step test</p> <p>Examples of Drills- circuit training, jump rope, interval running, box drills</p> <ul style="list-style-type: none"> <li>• Muscular Endurance</li> </ul> <p>Fitness Tests- 30 second push up test, 30 second sit up test</p> <p>Examples of drills- Circuit training to include the following- press ups, squats, lunges, kettlebell swings, planks.</p> <ul style="list-style-type: none"> <li>• Muscular Strength</li> </ul> <p>Fitness Tests- Handgrip dynamometer tests, body weight tests ie press ups, squats, plank hold</p> <p>Examples of drills- Circuit including- glute bridges, planks, lunges, pull ups/rows, squats, deadlifts, push-ups.</p> <ul style="list-style-type: none"> <li>• Balance</li> </ul> <p>Fitness Tests- stork stand, single leg stance</p> <p>Examples of Drills- sit-to-stand, clock toe touches, heel-to-toe walk, side leg raises, single leg stand</p> <ul style="list-style-type: none"> <li>• Flexibility</li> </ul> <p>Fitness Tests- Sit and Reach</p> <p>Examples of Drills- Pilates/Yoga workout led by teacher to music</p>	<p>Baseline Fitness Testing</p> <p>Tests for Components of Fitness</p> <p>Circuit Training Interval &amp; Heart Rate</p> <p>Continuous Training</p> <p>Weight training</p> <p>Aerobic Endurance training</p> <p>Principles of Training</p> <p>Muscular Strength and Power</p> <p>Personal Fitness</p> <p>Planning</p> <p>Leadership &amp; Coaching</p> <p>Final Evaluation</p>	<p><b>Knowledge &amp; Understanding</b></p> <ul style="list-style-type: none"> <li>• Develop deeper understanding of all muscle groups &amp; various techniques used.</li> <li>• Discuss the long term and short-term effects of exercise.</li> <li>• Definitions for each component of fitness linking to sport.</li> <li>• Understand Physiology- immediate effects of exercise &amp; long-term effects</li> <li>• Make effective evaluations of strengths and weaknesses in own performance.</li> <li>• Apply SMART targets to set personal goals based on their own performance</li> </ul>	<p>Warm-up and cool-down</p> <p>Physical, emotional and social benefits of exercise</p> <p>Components of fitness</p> <p>Ethics</p> <p>Diet</p> <p>Muscular System</p> <p>Cardiovascular System</p> <p>Respiratory System</p> <p>Pupils will cover all 8 modules throughout the academic year.</p> <p>Pupils will be assessed across all 8 modules in addition to their practical assessments.</p>
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<p><b>Assessment / Feedback Opportunities</b></p>	<p>Formative Assessment</p> <ul style="list-style-type: none"> <li>• Teacher observation</li> <li>• Q&amp;A</li> <li>• Discussion</li> </ul>	<p>Summative Assessment</p> <ul style="list-style-type: none"> <li>• End of topic practical assessment</li> <li>• Healthy Participation knowledge assessment</li> </ul>
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	<ul style="list-style-type: none"> <li>• Peer assessment</li> <li>• Self assessment</li> <li>• I can statements</li> </ul>	
<b>Key Vocabulary</b>	<p>In addition to the key words and terms documented within the 3 Pillars of Progress.</p> <p><u>Components of Fitness</u> (Strength, Endurance, Flexibility, Speed, Agility, Power, Balance, Coordination, Reaction Time), Physiology (Aerobic/Anaerobic, Heart Rate, Alveoli, Muscles, Joints, Tendons, Ligaments), Training Principles (FITT, Specificity, Progressive Overload), Activity Terms (Warm-up, Cool-down, HIIT, Circuit Training), and Performance Analysis (1RM, Data Collection)</p>	
<b>Literacy/Reading opportunities</b>	<ul style="list-style-type: none"> <li>• Subject specific vocabulary discussed with the lesson</li> <li>• Pupils reading success criteria</li> <li>• Reading and following instructions</li> <li>• Teacher reading success criteria and modelling language</li> <li>• Reading and interpreting data on fitness tests results to compare against national data</li> <li>• Non participants task sheets- reading and writing tasks related to the lesson</li> </ul>	
<b>Cross Curricular Themes</b>	<p>Science- Body systems, muscular systems, physics of motions, health consequences</p> <p>Maths- reading and interpreting data, analysing data on HR, training zones, % of HR max, calculating % of measuring fitness over time using HR, statistics- compare against national data, using formulae to estimate target training zones</p> <p>Literacy- all key terminology linked to fitness</p>	
<b>Personal Development (Including British Values, RSE, Citizenship)</b>	<p>Democracy- using student voice to decide on leadership roles and influence physical activity choices</p> <p>Rule of Law- adhering to safety regulations in fitness environments</p> <p>Individual Liberty- promoting personal goal setting and freedom to choice healthy active lifestyle paths</p> <p>Mutual respect- encouraged through teamwork, respecting opponents and valuing diverse physical abilities</p> <p>Personal Development- mental wellbeing, character building, leadership and communication, critical thinking.</p>	
<b>Career Opportunities</b>	<p>Sports coach, Personal Trainer, PE teacher, Gym owner, Sports Massage, Sports Physiotherapist, Strength and Conditioning coach, nutritionist, dietician, sports journalism, fitness centre management.</p>	

### Maghull High School - Year 11 Scheme of Work - Fitness

**Prior Learning:** All students will have experience of fitness scheme of work in Year 9 and 10 as well as some related topics and activities whilst competing in extracurricular clubs outside of school.

**Expectations:** Pupils are expected to play an active role in all lessons regardless of injury or illness. Pupils are expected to make regular contributions as performers and leaders. Pupils are expected to take pride in their learning and show desire to improve and develop.

### 3 Pillars of Progress

<p><b>Motor Competence</b></p> <p>In Year 11 students will work within groups to plan, lead and deliver a circuit training session based on a component of fitness of choice from the list below:</p> <p><b>Skill Related Components of Fitness:</b>          Agility          Balance          Co-ordination          Power          Reaction Time          Speed</p> <p><b>Health Related Components of fitness:</b>          Aerobic Endurance          Muscular Endurance          Muscular Strength          Balance          Power          Flexibility          Speed</p> <p>Focus will be on leadership skills, planning a session and delivering with confidence through communication skills.</p>	<p>Baseline Fitness Testing          Tests for Components of Fitness          Circuit Training          Interval &amp; Heart Rate          Continuous Training          Weight training          Aerobic Endurance training          Principles of Training          Muscular Strength and Power          Personal Fitness Planning          Leadership &amp; Coaching          Final Evaluation</p>	<p><b>Rules, Tactics and Strategies</b></p> <p><b>Tactics and Strategy</b></p> <ul style="list-style-type: none"> <li>• How to move -demonstration of correct technique</li> <li>• Apply strategies for effective performance</li> <li>• Adapt &amp; refine strategies to suit activity</li> </ul> <p><b>Knowledge &amp; Understanding</b></p> <ul style="list-style-type: none"> <li>• Develop deeper understanding of all muscle groups &amp; various techniques used.</li> <li>• Discuss the long term and short-term effects of exercise.</li> <li>• Definitions for each component of fitness linking to sport.</li> <li>• Understand Physiology- immediate effects of exercise &amp; long-term effects</li> <li>• Make effective evaluations of strengths and weaknesses in own performance.</li> <li>• Apply SMART targets to set personal goals based on their own performance</li> </ul>	<p><b>Healthy Participation</b></p> <p>The Fitness module is delivered in conjunction with one of the following Healthy Participation modules:</p> <ul style="list-style-type: none"> <li>• Warm-up and cool-down</li> <li>• Physical, emotional and social benefits of exercise</li> <li>• Components of fitness</li> <li>• Ethics</li> <li>• Diet</li> <li>• Muscular System</li> <li>• Cardiovascular System</li> <li>• Respiratory System</li> </ul> <p>Pupils will cover all 8 modules throughout the academic year. Pupils will be assessed across all 8 modules in addition to their practical assessments.</p>
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<p><b>Assessment / Feedback Opportunities</b></p>	<p>Formative Assessment</p> <ul style="list-style-type: none"> <li>• Teacher observation</li> <li>• Q&amp;A</li> <li>• Discussion</li> <li>• Peer assessment</li> <li>• Self assessment</li> <li>• I can statements</li> </ul>	<p>Summative Assessment</p> <ul style="list-style-type: none"> <li>• End of topic practical assessment</li> <li>• Healthy Participation knowledge assessment</li> </ul>
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<b>Key Vocabulary</b>	<p>In addition to the key words and terms documented within the 3 Pillars of Progress.</p> <p><u>Components of Fitness</u> (Strength, Endurance, Flexibility, Speed, Agility, Power, Balance, Coordination, Reaction Time), Physiology (Aerobic/Anaerobic, Heart Rate, Alveoli, Muscles, Joints, Tendons, Ligaments), Training Principles (FITT, Specificity, Progressive Overload), Activity Terms (Warm-up, Cool-down, HIIT, Circuit Training), and Performance Analysis (1RM, Data Collection)</p>
<b>Literacy/Reading opportunities</b>	<ul style="list-style-type: none"> <li>• Subject specific vocabulary discussed with the lesson</li> <li>• Pupils reading success criteria</li> <li>• Reading and following instructions</li> <li>• Teacher reading success criteria and modelling language</li> <li>• Reading and interpreting data on fitness tests results to compare against national data</li> <li>• Non participants task sheets- reading and writing tasks related to the lesson</li> </ul>
<b>Cross Curricular Themes</b>	<p>Science- Body systems, muscular systems, physics of motions, health consequences</p> <p>Maths- reading and interpreting data, analysing data on HR, training zones, % of HR max, calculating % of measuring fitness over time using HR, statistics- compare against national data, using formulae to estimate target training zones</p> <p>Literacy- all key terminology linked to fitness</p>
<b>Personal Development (Including British Values, RSE, Citizenship)</b>	<p>Democracy- using student voice to decide on leadership roles and influence physical activity choices</p> <p>Rule of Law- adhering to safety regulations in fitness environments</p> <p>Individual Liberty- promoting personal goal setting and freedom to choice healthy active lifestyle paths</p> <p>Mutual respect- encouraged through teamwork, respecting opponents and valuing diverse physical abilities</p> <p>Personal Development- mental wellbeing, character building, leadership and communication, critical thinking.</p>
<b>Career Opportunities</b>	<p>Sports coach, Personal Trainer, PE teacher, Gym owner, Sports Massage, Sports Physiotherapist, Strength and Conditioning coach, nutritionist, dietician, sports journalism, fitness centre management.</p>