

Year 7:

Focus: How does the body responds to exercise? Pupils study how and why the body responds to the stresses placed upon it by varying intensities and durations of exercise			
Lessons:	Focus and skill:	Knowledge focus	Requirements:
1	“How should I train safely, in order to improve my health and fitness” Focus – Technique and pacing.	Introduction to warm up; safe exercise protocols; cool down.	Whiteboards to be used to respond to questions from staff, highlighting physiological responses. Development groups to be used to investigate / respond to questions posed by staff
2	“Does the body change in different ways to different types of exercise?” Use of varied whole class specified exercises: eg. Continuous running; step ups; plank; tricep dips CVE v LME	‘My body has reacted to exercise by... I think the reason for this is...’ Going red Heavy breathing Hot Aching muscles Etc (Not HR)	
3	“Does the body change in different ways to different intensities of exercise?” Use of varied whole class specified exercises: eg. Continuous running; step ups; plank; tricep dips Changes in intensity – Anaerobic v Aerobic	As above	
4	“How do we measure how hard we are working?” What happens to HR during exercise? What are the HR responses to different intensities? Development groups look at different types of exercise / intensity – record heart rates and then plot onto a large graph on wall: Discussion to follow.	Review of previous knowledge – short term changes. Use of HR as a more accurate measure. How does HR respond to different intensities / exercises.	Assessment: Through video footage placed on One Drive by students – oral analysis linked to footage of exercise undertaken. Oral formative and summative assessment via oral file on One Drive.
5	“What happens to HR once activity stops?” An investigation into Recovery periods.	Development groups investigate how HR continues to be elevated after different exercise levels.	
6	“How has my body reacted to a full training session” Use of circuit training to show how the body reacts to the exercise	Pupils evaluate physiological response to different exercises, including HR and recovery at the end.	