

Year 8:

Focus: How do we use exercise prescription for health benefits? Pupils study how and why exercises help to improve the health of the participant; identifying the intensity and type of exercise used.			
Lessons:	Focus and skill:	Knowledge focus	Requirements:
1	<p>"How has my body reacted to a full training session" Review of year 7 knowledge</p>	Immediate response to exercise inc. HR response	<p>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</p>
2	<p>"How do I exercise to be healthy?" Introduction to Aerobic training.</p>	The importance of maintaining intensity levels above the aerobic threshold	
3	<p>"Can I exercise too hard?" Introduction of the Maximum working HR & the Anaerobic threshold and effects of anaerobic exercise</p>	The body's response to anaerobic exercise and the benefits and drawbacks of anaerobic training and recovery periods.	
4	<p>"How can I judge how hard to work" Investigate the training zone graph and record individual HRs onto large graphs.</p>	Investigate the best activities and intensities for aerobic work – introduction of Perceived rate of exertion (PRE: simplified 1-10 scale)	<p>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.</p>
5	<p>"Am I able to train successfully to improve my health?" Use of exercise choice, target HRs and PRE to training for health benefits</p>	Monitor HR on training zone graph to investigate success of session.	
6	<p>"Can I adapt my exercise levels and choices?" Review session – PRE, HR targeting of Aerobic & Anaerobic exercise, MWHHR,</p>	This lesson will allow for exemplification or revision of areas previously covered where required.	