



<p><b>What BIG IDEAS will you cover in this topic?</b></p> <p>In this unit you will develop an understanding of the health and fitness that builds on the knowledge developed in year 7,8 &amp; 9. You will learn to answer questions related to the final test and link them to other systems in the body.</p>	<p><b>What other <u>key concepts, knowledge and skills</u> will you learn in this topic?</b></p> <p>You will learn about the different components of fitness and how they are used to develop training for athletes. You will also learn a range of training methods and how these improve each of the components of fitness within a sports person.</p>
<p><b>What important <u>prior knowledge</u> will you use from your prior learning?</b></p> <p>Reference to health and fitness from KS3 theory lessons as well as the role of a warmup and cool down from KS3 practical lessons.</p> <p><b>Where does this topic fit into the <u>curriculum plan</u> for this subject?</b></p> <p>This is the third topic within the curriculum and provides the foundations of the knowledge required for GCSE PE.</p>	<p><b>Assessment:</b></p> <p><b>How and when will you be assessed on this topic?</b></p> <p>Students will be assessed through the knowledge test in the Spring term This will cover units 1.1, 1.2 and 1.3 with a range of questions from each topic. This test will not cover application based questions.</p> <p><b>What will the success criteria be?</b></p> <p>All questions are taken from the AQA Exampro website and as a result the success criteria will be the GCSE mark scheme.</p>
<p><b>What is the key <u>vocabulary</u> that you will need to know in this topic?</b></p> <ul style="list-style-type: none"> <li>• Flexibility, Agility, Coordination</li> <li>• Health</li> <li>• Fitness</li> <li>• Specificity, Overload, Tedium</li> <li>• Training thresholds</li> </ul>	<p><b>What is the structure of learning/lessons in this topic?</b></p> <ul style="list-style-type: none"> <li>• 1.3a Health &amp; Fitness</li> <li>• 1.3b Components of Fitness</li> <li>• 1.3c Fitness Testing</li> <li>• 1.3d Principles of Training</li> <li>• 1.3e Methods of Training</li> <li>• 1.3f Calculating Intensities</li> <li>• 1.3g High Altitude &amp; Injury Prevention</li> <li>• 1.3h Data Collecting</li> </ul>

