



Topic Overview
 Faculty/Subject: PE
 Year Group: 10/11
Topic: Health & Fitness



What BIG IDEAS will you cover in this topic?

- ★ In this unit you will develop an understanding of the Health and Fitness unit that builds on the knowledge developed in year 7,8 & 9. You will learn to answer questions related to the final test and link them to other systems in the body.

What other key concepts, knowledge and skills will you learn in this topic?

- ★ Students will define both health and fitness and learn the different components of health and skill related fitness
- ★ Students will also know the long and short term effects of exercise.
- ★ They will be able to understand the principles of training which will closely link with their synoptic project in year 11.

What important prior knowledge will you use from your prior learning?

- ★ Making links with previous topics as well as any current knowledge of theory covered in KS3. Components of fitness will have also been covered in KS3 practical lessons.

Assessment:

How and when will you be assessed on this topic?

- ★ You will be assessed through home learning tasks each week, during silent starters and during regular questioning within lessons.

Where does this topic fit into the curriculum plan for this subject?

- ★ Builds on the foundations of the previous topics. Will create a better understanding of components of fitness and how they contribute to health and fitness activities. Will be included in the exam.

What will the success criteria be?

- ★ To be secure in this topic you need to have a good knowledge and understanding of the subjects covered and be able to apply them to health and fitness activities.

What is the key vocabulary that you will need to know in this topic?

- ★ Definitions of Health and Fitness
- ★ Definitions of both skill and Health related components of fitness
- ★ Principles of training; specificity, progression,

What is the structure of learning/lessons in this topic?

Defining health and fitness and the relationship between them
 Skill and Health related components of fitness.
 Principles of training & Principles of FITT

overload, reversibility, tedium.

- ★ Principles of FITT- Frequency, intensity, time and type.
- ★ Short and Long term effects of exercise.

Long and Short term effects of exercise.

All of the above in relation to health and fitness activities.

