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| <p><b>What BIG IDEAS will you cover in this topic?</b></p> <p>In this unit, students will develop an understanding of health and fitness that builds on the knowledge developed in Years 7, 8 &amp; 9. They 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>Students will learn about the different components of fitness and how they are used to develop training for athletes. They will also learn a range of training methods and how these improve each of the components of fitness.</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 warm-up 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 KS4 journey and provides the further knowledge required for V-Cert PE.</p> | <p><b>Assessment:</b></p> <p><b>How and when will you be assessed on this topic?</b></p> <p>A mini topic assessment will be given at the end of each unit. Further mock exams in November and June of Year 10 will test students' knowledge across a range of topics.</p> <p><b>What will the success criteria be?</b></p> <p>All questions are taken from previous exam papers, and as a result the success criteria will be the V-Cert 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>• Health and Fitness</li> <li>• Components of Fitness</li> <li>• Principles of training</li> <li>• Methods of training</li> <li>• FITT principle</li> <li>• Long &amp; Short term effects of exercise.</li> </ul>                                                                                                                           |

