



# HEALTH AND FITNESS CURRICULUM MAP

## FURTHER STUDY

GCSE PE  
BTEC Sport  
Uniform services  
Sports leaders

## CAREER PATHS

Personal training  
Gym instructor  
Uniform services

## SKILLS

Self evaluation  
Self reflexion  
Numeracy  
Literacy - key terms  
Use of gymnasium equipment

## INTEREST

Continue with healthier lifestyles post school.

• Competition for the 1500m, 800m, 300m, 100m. Compare with other students and national averages

Maximal activities, 100m sprint. Javelin, shot, long jump, high jump, triple jump. In class competition and compared to national averages

These skills will be demonstrated through athletics

Student led warm up cool down, specific to the lesson requirements

Students introduced to the fitness suite with an induction on the supported weight equipment

**YEAR 9**

Maximal activities, 100m sprint. Javelin, shot, long jump, high jump, triple jump. In class competition.

• Indoor athletics competition

Bodywork exercise to develop muscular strength and muscular endurance in the fitness suite.

Use of SAQ to develop fitness components

These skills will be demonstrated through athletics activities

• Pacing - for the 1500m, 800m, 300m. How pace would differ

Student led warm up cool down

• Participate in cross country event, with focus on competition

Students introduced to the fitness suite with an induction on the cardio equipment

**YEAR 8**

Develop speed and power for triple jump, long jump, and high jump activity

Understand requirements of power and strength in both javelin and shotput

Key terms used. Such as major muscles used in each test.

Participation in school cross country week

The following skills will be developed through athletics activity

• Understanding 'pace' when participating in endurance running events

• Develop reaction time, and speed through sprint starts

Matching components of fitness to methods of training

• Comparing scores to national averages

• Use of specific training types for testing fitness scores

• Reasons for warm up/cool down

All students to participate in baseline testing, to underpin their starting point of general fitness.

**YEAR 7**

