|  |  |
| --- | --- |
| **KS3** | **HRE** |
| **Overview of topic:**Students will be taught the fundamentals of Health Related Exercise . Working individually, in pairs or small groups, Students will reflect on their learning and others. |
| **Core Skills, to include:** press up, sit ups, pull ups, cycling, running, bicep curl, squats, plank, bunny hops, triceps dips, skipping, punch bag, wall sit, ab wheel, wall sit, burpees, squat thrusts, Russian twists and step ups. | **Advanced skills, to include:**Mental benefits include:improved confidence, relief of stress/tension and stress related illnessPhysical benefits include:losing weight, improved posture and improved body shapeSocial benefits include:co-operation, competitions, physical challenge and aesthetic appreciation Health related exercise fitness factors Cardiovascular fitness , Muscular strength , Muscular endurance, Flexibility, Body composition and Speed Skill related fitness Agility , Balance - stationary (static balance) or moving (dynamic balanceCo-ordination., Power - Power = Strength x Speed and Reaction time. |
| **Key vocabulary:****Tier 2*** **Fitness, Attitude, Cardiovascular Endurance, Agility, Muscular Endurance, Speed, Coordination, Reaction Time, Strength, Balance, Feet, Legs, Core, Arms, Muscles.**

**Tier 3*** **Active Recovery, Aerobic Exercise, Anaerobic Exercise, Circuits, Compound Exercises, Warmups, Cool downs, Cross training, Delayed Onset of Muscle Soreness (doms), Dynamic Warmups, Heart Rate, HIIT, Interval, Strength Training**
 | **Decision making and tactical awareness, to include:** * Circuit design/plan
* Muscle groups worked
* Exercises
* Circuit aim/purpose
* Warm up/ cool down
 |
| **Co-curricular opportunities:**Local gym’s and classes  | **Key reading skills taught *(clarify, question, summarise, predict)* and key texts:**Clarify and summarise  |
| **How can I use this information at home?*** Conversation starters with your children to discuss their learning
* Support your child in carrying out independent research around the topic
* Visit your local library (or BorrowBox), museums, or other locations to explore the topic
* Promote books/other texts that explore this topic (see reading section)
* Help your child to learn the key vocabulary
 |