

Subject		
Week	Learning	Activities
Week beginning 8 <sup>th</sup> June	Circuit training (PNW)	Explore: All students are able to explain what circuit training is and give a good description with examples of exercises
	To be able to explain the advantages and disadvantages to circuit training	Enhance: describe the advantages and disadvantages to circuit training.
	Students will get a content recap, followed by mini task, active task and self-marking quiz	Excel: Be able to describe what training zones are and work out their aerobic and anaerobic zones based on maximum heart rate
Week beginning 15 <sup>th</sup> June	Fartlek (PKC)	Explore: All students are able to plan an effective Fartlek training session.
	To be able to identify the differences between Fartlek and continuous training.	Enhance: Most students will be able to describe how training can be personalised to the performer.
	Students watch to descriptive videos, complete workout and complete self-marking quiz.	Excel: To extend your knowledge further you could design your own Fartlek training session, personalising it to your own ability level.
Week beginning 22 <sup>nd</sup> June	Heart Rate (PDR)	Explore: You will understand how to take your heart rate using your pulse and analyse what happens to your heart rate before, during and after exercise.
	To be able to identify the long- and short-term effects of exercise on your heart rate.	Enhance: You will be able to explain why your heart rate changes before, during and after exercise.
	Students watch the PowerPoint, complete the home workout and complete the assignment set on teams.	Excel: You will understand the term cardiac hypertrophy and be able to explain the long- and short-term effects of this.
Week beginning 29 <sup>th</sup> June	HIIT (PNW)	Explore: All students will be able to give an explanation as to what HIIT training is and give examples
	Describe what HIIT Training is and complete a HIIT workout.	Enhance: Most students will identify the advantages and disadvantages of HIIT training

	Students will get a content recap, followed by mini task, active task and self-marking quiz	Excel: To extend your knowledge further, you could research different HIIT work outs and use this to design your own.
Week beginning 6 <sup>th</sup> July	Pyramid (PDR)	Explore: Understand what pyramid training is and how it is used as part of a health-related programme.
	To be able to describe what pyramid training is and how it can be used as part of a health and fitness programme.	Enhance: Students will be able to make links with specific sports where pyramid training is used as an essential part of a training programme.
	Students to watch the PowerPoint, complete the workout and the self marking quiz.	Excel: Students will be able to make links between pyramid training and cardiac hypertrophy.
Week beginning 13 <sup>th</sup> July	Warm up and cool down (PKC)	Explore: All students to be able to show understanding of the psychological benefits of a warm up and cool down.
	To be able to describe the psychological and physiological changes that occur in the body.	Enhance: Most students will be able to describe the physiological changes that occur in the body when preparing for exercise.
	Students watch to descriptive videos, complete work out and complete self-marking quiz.	Excel: To extend your knowledge further you could record the changes that occur in your body during a warm up and cool down.