

Subject		
Week	Learning	Activities
Week beginning 8 <sup>th</sup> June	Heart Rate (PDR)	Explore: Students will know how to take their heart rate and calculate their maximal heart rate.
	To understand the impact exercise has on a student's heart rate.	Enhance: Students will be able to describe what is happening to their heart rate during exercise.
	Students will watch the PowerPoint, complete the activity and the assignment on teams.	Excel: Students will be able to describe why their heart rate changes during exercise.
Week beginning 15 <sup>th</sup> June	Circuit Training (PNW)	Explore: All students are able to explain what circuit training is and give a basic description
	To be able to describe circuit training and complete a circuit of their own	Enhance: Most students will be able to identify advantages and disadvantages to circuit training
	Students will have a content recap of circuit training, followed by an active task and then a self -marking quiz	Excel: To extend your knowledge you could design your own circuit based on your weaknesses and identify muscles you are working.
Week beginning 22 <sup>nd</sup> June	Fartlek (PKC)	Explore: All students are able to explain what fartlek training is and write a basic description.
	To be able to describe how to carry out a fartlek training session.	Enhance: Most students will be able to identify how to increase and decrease the difficulty of fartlek training.
	Students watch to descriptive videos, complete workout and complete self-marking quiz.	Excel: To extend your knowledge further you could research which performers fartlek training is most suitable for and give an example athlete.
Week beginning 29 <sup>th</sup> June	Warm up and Cool down (PKC) + Assignment	Explore: All students are able to explain what warm ups and cool downs are.
	To be able to identify the importance of preparing for exercise.	Enhance: Most students will be able to identify the benefits of carrying out a warm up and cool down.
	Students watch to descriptive videos, complete workout and complete self-marking quiz. Additional Worksheet task.	Excel: To extend your knowledge further you could research the most appropriate stretches to carry out for a chosen sport.

Week beginning 6 <sup>th</sup> July	HIIT (PNW)	Explore: All students are able explain what HIIT Training is and give a description
	To be able to describe what HIIT Training is and carry out a work out	Enhance: Most students will be able to identify advantages and disadvantages to HITT training
	Students will have a content recap of HIIT training, followed by an active task and then a self -marking quiz	Excel: To extend your knowledge further, you could research athletes that use HIIT training in their training programmes and what sport they play and how HIIT training helps them.
Week beginning 13 <sup>th</sup> July	Pyramid (PDR)	Explore: Be able to describe what pyramid training is.
	To be able to describe pyramid training and how it is used.	Enhance: Be able to explain why athletes may use pyramid training.
	Students will watch the PowerPoint, complete the activity and the self-marking quiz.	Excel: Be able to make links between specific sports and why pyramid training will be used.