



Year 7 Fitness Learning Journey



Equipment needed

- Weights
- Mats
- Cones

Reminders

- We will be inside and will be working up a sweat! Make sure to have full PE kit and water!
- You will need supportive trainers.

<u>Lesson</u>	<u>Topic</u>
<u>Lesson 1</u>	Baseline Assessment
<u>Lesson 2</u>	Warm up and cool down. Introduction to heart rate changes during exercise.
<u>Lesson 3</u>	Muscular Endurance and aerobic endurance. Long duration activities to improve cardiovascular fitness.
<u>Lesson 4</u>	Strength and Power Activities to improve strength and power.
<u>Lesson 5</u>	Flexibility and Balance Activities to improve flexibility and balance.
<u>Lesson 6</u>	Reaction time and coordination Focus on being able to react quickly and move with good coordination.
<u>Lesson 7</u>	Speed and agility Focus on pace and changing direction.
<u>Lesson 8</u>	Assessment

Keywords

Muscular Endurance	Aerobic endurance	Reaction time	Coordination	Agility
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