

Example Key Stage 3 Health, Fitness and Well-Being Focused Unit: Heart Health

Year 7 Heart Health	National Curriculum Links	
Objectives To enable pupils to: - perform with good technique a range of safe and effective cardiovascular activities, and monitor a range of their short-term effects - understand the short-term effects and long-term benefits of cardiovascular exercise on health, fitness and performance - compare their own activity levels with the exercise recommendations for young people - understand the role of activity in healthy weight management	Health, Fitness and Well-Being Pupils should be given opportunities to: engage in frequent and regular physical activity beneficial to their health, fitness and well-being; investigate and plan for participation in a range of daily activity opportunities at school, home and in the local community, and find ways of incorporating exercise into their lifestyles; try different activities that affect their fitness and find out how appropriate training can improve fitness and health; identify how to eat and drink healthily in order to meet the energy requirements of different activities and levels of performance. Science Programme of Study Pupils should be given opportunities to study how food is used by the body as fuel during respiration and why the components of a balanced diet are needed for good health.	
Learning Outcomes (LOs)	Learning Activities	Resources
Pupils should be able to: - perform a range of cardiovascular activities with good technique - monitor and explain the short-term effects of cardiovascular exercise - explain the long term benefits of cardiovascular exercise - compare their own activity levels with those recommended for young people - explain the role of exercise in healthy weight management	Opportunities for pupils to: - perform a range of cardiovascular activities (e.g. brisk walking, jogging, running, skipping, active games playing, swimming, exercise to music) with good technique and understand the consequences of poor technique (e.g. jogging/skipping on toes, performing uncontrolled, flinging movements) - monitor and explain the range of short-term effects of cardiovascular exercise (e.g. changes in breathing and heart rate, recovery rate, temperature, appearance, feelings) and be aware of what 'moderate intensity' and 'vigorous intensity' exercise feel like (e.g. working within a range of moderate to vigorous exercise) - explain the range of long-term benefits of cardiovascular exercise on physical health (e.g. reduced risk of heart disease, obesity), on emotional and social health (e.g. enjoying being with friends; increased confidence and self-esteem; decreased anxiety and stress) and on fitness and performance (both enhanced) and appreciate that an appropriate balance between work, leisure and exercise promotes good health - develop their awareness of the exercise recommendations for young people (one hour of at least moderate intensity activity per day; 30 minutes for the currently inactive), monitor their own activity levels (using diaries over 4 to 6 weeks) and compare them with the recommendations for young people - explain the energy balance equation involving energy intake (food and drink) and energy expenditure (activity) and how this connects with maintaining a healthy body weight (e.g. cardiovascular activities use large muscles in the whole body, expending energy and helping to reduce body fat) and know that the body needs a minimum daily energy intake to function properly, and strict dieting and excessive exercising can damage one's health	- as appropriate for the activities (e.g. skipping ropes), digital camera, video - equipment (e.g. watch, tapes, heart rate monitors, graphic calculator), worksheets, exertion scales (e.g. gears; 'very easy' to 'very hard') - posters, charts, worksheets - activity diaries - charts (e.g. energy balance equation)