

Example Unit of Work - Key Stage 4 – Focused Approach

Health, Fitness and Well-Being Activities

(Aerobics)

Year 10 Aerobics	National Curriculum Links	
Objectives To enable pupils to: - perform with good technique a range of safe and effective aerobics steps and actions (including cardiovascular and musculo-skeletal exercise) - plan, perform and evaluate the components of an aerobics class - design, carry out, monitor and a safe and effective aerobics workout - know how to access further information about aerobics and about physical activity personnel, facilities and/or services within the local community	Health, Fitness and Well-Being Activities Pupils should be given opportunities to: select, plan and engage in a variety of appropriate frequent and regular physical activities and explain how these affect their own health, fitness and well-being; refine and apply more complex techniques in their chosen activities; conduct safe, activity-specific warm-up and cool-down routines as appropriate, taking responsibility for their planning and execution; plan, perform and evaluate a specific training, general exercise or active lifestyle programme appropriate to their individual needs and goals; revise the plan effectively when necessary and be able to explain why amendments were made. Skills framework: Developing ICT across the curriculum Finding and developing information and ideas: find relevant information from a range of ICT sources.....selecting relevant information	
Learning Outcomes (LOs)	Learning Activities	Resources
Pupils should be able to: - perform with good technique a variety of aerobics steps and actions (including cardiovascular, flexibility and strength exercises) - plan and perform a linked series of exercises for each component of an aerobics class - evaluate exercises within an aerobics class in terms of their safety, appropriateness and effectiveness - demonstrate understanding of the principles of exercise programming - find reliable information about opportunities to take part in running activities in their community and to develop their knowledge of resistance exercise	Opportunities for pupils to: identify, and understand the purpose of, the different components of an aerobics class (warm up, cardiovascular section, muscular strength and endurance section, cool down) and perform with good technique a series of exercises for each component explain safety issues associated with aerobics (e.g. wearing supportive footwear; holding stretches still; avoiding prolonged high impact exercises; offering alternatives to cater for different abilities) select and perform appropriate levels of exercises (e.g. from easy, moderate, demanding versions) work with others to plan and perform a series of exercises for each component of an aerobics class (warm up, cardiovascular section, muscular strength and endurance section, cool down) and develop personal and social skills through leading part of an aerobics session explain the principles of exercise programming in relation to developing an aerobics workout (overload, progression, specificity, reversibility) set targets, monitor and evaluate progress against goals (e.g. general toning, improved cardiovascular fitness, increased flexibility, weight management) Discuss and use a range of ways of accessing information (e.g. internet, libraries, DVDs, magazines, qualified athletics coaches, fitness instructors) about running activities , including opportunities to take part in running activities in their community	- music machine, tapes/CDs, mats, posters - task cards video, digital camera - prompt sheets - heart rate monitors, monitoring equipment, record cards - notices, brochures, leaflets, directory