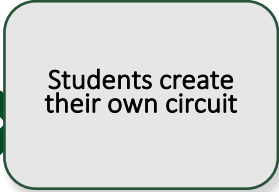
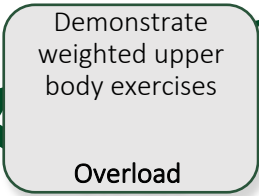
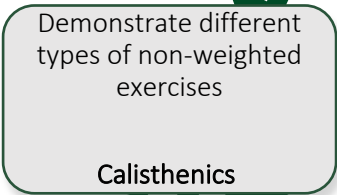
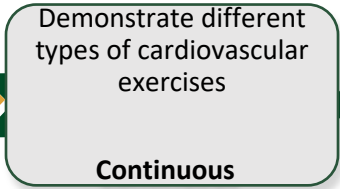




LEARNING JOURNEY

Fitness

F - A - C - T



What will you include in your warm-up today?

What is the why behind your lesson today?

This half term you will start off by learning various exercises that involve raising your heart rate. These are exercises that can be performed continuously without breaks. This will be linked with future lessons as these will be involved in the warm up.

In the following lesson, students will learn about different non-weighted exercises. These exercises can also be utilised with weights and therefore build on from prior knowledge in subsequent lessons which focus on weighted upper and lower body exercises and explosive movement.

Students will then have the opportunity to create their own circuit based on all the knowledge they have developed.

VOCABULARY

Continuous, Calisthenics, Overload & Explosive