

LEARNING JOURNEY

Fitness

Pitness

Demonstrate different types of cardiovascular exercises

Continuous

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

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

exercises and explosive movement.

What will you include in your warm-up today?

Demonstrate weighted upper body exercises

Overload

Demonstrate weighted lower body exercises

Overload

What is the why behind your lesson today?

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Demonstrate different core and explosive exercises

Explosive

Students create their own circuit

F - A - C - T

Demonstrate different

types of non-weighted

exercises

Calisthenics

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VOCABULARY

Continuous, Calisthenics, Overload & Explosive

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