

KS4 Fitness Curriculum Summary

Name of unit	Fitness
Why do we study this unit?	Fitness is creates the foundation of success in all athletic events. Students who are physically fit tend to have better grades, school attendance, cognitive performance, and classroom behaviour.
By the end of the unit, students will be able to....	Plan and implement their own training programmes suitable for their training goals. They will understand the key principles related to programme design and modification.
Links to previous units	
Key vocabulary	Endurance, strength, speed, flexibility, reps, sets, rest, weights, safe and effective training, independence, self-discipline, motivation
Week and summary topic	Knowledge and skills learned
1: Skill	Programme Design (Targets, Goals)
2: Rules	How to progress your workout (Intenstiy, Progressive Overload, Reversibility)
4: Plan Considerations	Variation (Intensity,Tedious)
5: Success Criteria	Session Review (Progress, Goals, Outcomes, Success)