Foxford Learning Plan

YEAR 7

Topic- Fitness

Spring 1

Key Vocabulary

Cardiorespiratory	Relating to the action of both heart and lungs.
Pulse	The regular throbbing of the arteries, caused by the successive contractions of the heart.
Endurance	The ability to continue doing something for a long time.
Muscle contraction	A process leading to shortening and/or development of tension in muscle tissue.
Aerobic exercise	Sometimes known as "cardio" - exercise that requires pumping of oxygenated blood by the heart to deliver oxygen to working muscles.
Anaerobic	Meaning 'without air' and refers to the body producing energy without oxygen.



Key Skills

Over the course of the topic, I will be able to: -
Effects of exercise on the Cardiorespiratory system - Locate a pulse in a number of different places.
Training zones - Relate training zones to a variety of sports.
Effects of exercise on the muscular system - Administer fitness tests.
Components of health - Measure a variety of components in order to build a profile.
Components of skill - Make links between components and sporting performance



I will Understand

1. The ways in which the body responds to exercise.
2. How training should be related to the individual and their goals.
3. How to collect and record data from fitness tests.
4. How the components of health can be measured.
5. Which components of skill are required to be successful in a variety of sports.