Foxford Learning Plan

YEAR 8

Topic: Fitness

Spring 1

Key Vocabulary

Calories	A calorie is a unit that measures energy. Calories are usually used to measure the energy content of foods and beverages.
Metabolism	The chemical reactions in the body's cells that change food into energy.
Maximum Effort	Trying the very best in each activity at a high intensity.
Maximum Heart Rate	220-age is the maximum beats a heart can beat.
Cardiovascular Endurance	The ability of the heart, lungs and blood to transport oxygen.
Flexibility	The range of motion at a joint.
Muscular endurance	The ability to use voluntary muscles repeatedly without tiring.
Agility	The ability to change the position of the body quickly and control the movement.
Power	The ability to perform strength performance quickly.
Speed	The ability to put body parts into motion quickly.

Key Skills

Over the course of the topic, I will be able to: -

- Identify areas of strength and weakness.
- Identify components of skill and health.
- Create individual activities that work on a particular skill.
- Create fitness sessions based on components of skill and health.



I will Understand

1. The relationship between food and exercise.
2. The methods of training.
3. Component of skill and health.
4. What methods train what components of skill and health.

