

Denton Community College

Departmental Curriculum Map

Subject: PE - Fundamental Fitness



Year Group: 7-9 Mixed Groups

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topics	Aerobic Endurance,	Power, Strength.	Muscular Endurance,	Personal exercise	Personal exercise	Personal exercise
	Speed.		Flexibility.	programme	programme	programme
What will	Definitions and fitness	Definitions and fitness	Definitions and fitness	How to plan,	How to plan,	How to plan,
students learn	test protocols and	test protocols and	test protocols and	undertake and	undertake and	undertake and
during this unit?	procedures.	procedures.	procedures.	monitor an exercise	monitor an exercise	monitor an exercise
				programme specific to	programme specific to	programme specific to
				their needs/goals.	their needs/goals.	their needs/goals.
When will	Baseline lesson at the	Baseline lesson at the	Baseline lesson at the	Baseline fitness test at	Baseline fitness test at	Baseline fitness test at
students be	start of the unit of	start of the unit of	start of the unit of	the start of the	the start of the	the start of the
assessed?	work.	work.	work.	programme and again	programme and again	programme and again
	Formative throughout	Formative throughout	Formative throughout	at the end to monitor	at the end to monitor	at the end to monitor
	all lessons.	all lessons.	all lessons.	progress. Self	progress. Self	progress. Self
	Summative in final	Summative in final	Summative in final	reflection	reflection	reflection
	lesson of the unit.	lesson of the unit.	lesson of the unit.	questionnaire on	questionnaire on	questionnaire on
	End of term test.	End of term test.	End of term test.	confidence and	confidence and	confidence and
				engagement.	engagement.	engagement.
How will	Observations/demonst	Observations/demonst	Observations/demonst	Fitness tests.	Fitness tests.	Fitness tests.
students be	rations.	rations.	rations.	Reflection	Reflection	Reflection
assessed?	Fitness tests.	Fitness tests.	Fitness tests.	Questionnaire.	Questionnaire.	Questionnaire.
	Questioning.	Questioning.	Questioning.			
	Verbal.	Verbal.	Verbal.			
	Written.	Written.	Written.			
Key Vocabulary	Components of	Components of	Components of fitness	Key vocabulary from	Key vocabulary from	Key vocabulary from
	fitness. Aerobic	fitness. Power -	Muscular Endurance -	the previous 3 half	the previous 3 half	the previous 3 half
	Endurance - 12 minute	vertical jump,	60 second sit-up test,	terms - dependent on	terms - dependent on	terms - dependent on
	cooper run, bleep test,	definition. Strength -	60 second press-up	the focus of each	the focus of each	the focus of each
	definition. Speed -		test, definition.			

	30m sprint test,	hand grip test,	Flexibility - sit and	students' fitness	students' fitness	students' fitness
	definition.	definition.	reach test, definition.	programme.	programme.	programme.
Homework	Attend extra curricular					
opportunities to	to further skills					
broaden or	development.	development.	development.	development.	development.	development.
deepen student	Attend community					
knowledge	sports clubs.					
	Attend fitness					
	sessions.	sessions.	sessions.	sessions.	sessions.	sessions.
Links to the						
National	Develop their					
Curriculum	technique and improve					
	their performance in					
	other competitive					
	sports.	sports.	sports.	sports.	sports.	sports.
	Analyse their					
	performances	performances	performances	performances	performances	performances
	compared to previous					
	ones and demonstrate					
	improvement to					
	achieve their personal					
	best.	best.	best.	best.	best.	best.
	Improve personal					
	levels of fitness.					