



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

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