

Lesson no.	Subject:	Lesson description:	Year:	Group:	Ability:	Day:	Period:	Duration:	Total No.: M: F:
4	HRE	Circuit Training	7						SEN:
Objectives:	To further their knowledge of the different types of fitness. To enhance their understanding the Strengths and Weaknesses of circuit training. To develop their physical strength, stamina, speed and flexibility to enhance their performances.								
Activity	Description	Objectives	Teaching Points	Differentiation	Assessment and Evaluation of Performance	Creativity and Resilience	Maths / English / Science / Cross Curricular	Link to Theoretical PE Aspects	
Warm up	The pairs chosen last lesson lead the warm up	To be able to lead the group through heart raising exercises.	- listen to and follow instructions of those leading the warm-up	Ask students how they could make warm up easy / harder / intense / relaxed	Observe pupils performances Q & A on benefits of warming up	R+ Reward those that stick to it	Science: Forces and motion <u>Objectives:</u> Forces being needed to cause objects to stop or start moving, or to change their speed or direction of motion (qualitative only) <u>Student expectations:</u> I know that if something is going to move slower or faster, it needs to have unbalanced forces on it. Maths: Concept of speed <u>Objectives:</u> To recognise what speed is	Optimising training and preventing injury. As part of the warm up students look at the following as part of the prevention of injury; <ul style="list-style-type: none">A warm up is completedAvoid over trainingAppropriate clothing and footwearTaping/bracing used (if needed)Stay hydratedStretch effectivelyAlways use correct technique Allow for appropriate rest for recovery	
Circuit Training	Circuit Training - Including Shuttles Runs - Sit-ups / Star Jumps - Press-ups / Chest raises - Dips / Astride Jumps - Ski-sits / Step ups - Skipping	To further their knowledge of the different types of fitness To further their understanding, knowledge, awareness and mental capacity of the benefits of Circuit Training, and the types of fitness used in a Circuit. To learn the muscles that are used at each station. To further their understanding the Strengths and Weaknesses of circuit training.	SIT-UPS - Pull in stomach - Hands by ears, not behind head - Knees bent SKI SITS - Start – straight posture and bend knees - Arms accurately replicate and perform circular action ASTRIDE JUMPS - Bring legs up from either side of bench, onto it. STAR JUMPS - Abduct & Adduct legs and arms STEP-UPS - Place and lower feet alt. On bench and ground PRESS-UPS - Hands shoulder width apart - Straight back and lower / raise body DIPS - Arms on bench – fully extended Lower and raise body BENCH PRESS - Lie on back and raise weight up to arms length LEG CURLS - Both hamstring and quadriceps curls – do slowly	↑ Increase work time ↑ Decrease rest time ↓ Increase rest time - RECORD SCORES AT EACH STATION IN DIARY (Allow pupils time) - TRY AND BEAT SCORES / PARTNER ↑ Set goals and targets	☑ Pupils evaluate Strengths and Weaknesses of circuit training. Q & A : Why would an athlete use circuit training Q & A : What are the pro's and con's of circuit training 👉 Ask students in pairs for feedback regarding rest, stations, and lifestyle benefits	R+ Teach a natural drive to succeed R+ Students can add humour into a situation of fatigue. R+ Students show confidence and persistence when performing in the circuits ✍ Pupils develop, adapt and refine skills, strategies and tactics to beat PB times and scores	<u>Student expectations:</u> I understand distance over time English: Understanding of how newspapers present the news. Understanding the conventions of how newspapers are written. <u>Objectives:</u> 1 Understanding of the content of a story, its presentation and its language. Retrieval of information and inference. Understanding of bias. 2 Write own newspaper story. <u>Student expectations:</u> Reading for meaning and understanding of writer's technique. Information retrieval and inference. Learning new vocabulary and technical terms. Writing for specific purpose using accurate spelling and grammar.	Optimising training and preventing injury. Students are now introduced to optimising circuit training. Students should understand that for circuit training, by changing the time, rest and content of the circuit this will determine the training aims. Students are also introduced to the one repetition max. Students should understand that as part of weight training the use of the one rep max is to be able to calculate training zones; <ul style="list-style-type: none">Strength /power training = high weight low reps.<ul style="list-style-type: none">Above 70% of one rep maxApprox. 4-8 reps x 3 setsMuscular endurance = low weight/high reps<ul style="list-style-type: none">Below 70% of one rep maxApprox. 12-15 reps x 3 set	
Testing and Targets	Take pulse in Rest intervals Record the Pulse	To know how to test their heart rate accurately. To be able to record the heart rate	Two fingers (first and index) on artery on other arm (Do not use thumb as has its own pulse)	↓ Allow longer rest periods	👁 Make sure the test is fair and set up correctly. 👁 Set up the test with precision and accuracy.	R+ Award for those keeping going			
Student led Cool Down	The 2 students chosen to lead the cool down do so.	To understand the importance of cooling down at the end of a session. To be able to lead a cool down	- listen to and follow instructions of those leading the cool down - complete exercises and stretches	Observes students ability to lead the cool down	Q & A on benefits of cool down	Pupils create a new cool down for improving			
Complete training diary.	Students fill in their training diary.	To be able to keep a record of physical activity.	- Complete Diary correctly, neatly and accurately - Use correct units, times and distances	PICK STUDENTS TO DO NEXT LESSON'S WARM UP, STRETCHING AND COOL DOWN.	Observe recording and entries	R+ Demonstrate traits that we can build or strengthen.			
Active lifestyle & Social Guidance	Discuss the numerous jobs available in Health and Fitness e.g. Personal trainer								
Equipment	Mats, Tape player, stop watch, whistle, tape, skipping rope, benches, boxes, cones, weight machines, weights								
Healthy Lifestyles and well being	Discuss the benefits of a pre work out and post work out meal								