

# Year 7 PE | Workout of the Week - Term Six

## Key Question: Why do scientists say that exercise is a natural medicine for the body and brain?

**Past Exploration(s):** Coming soon.

**Topic Overview:** How does regular exercise affect an individual's wellbeing, physically, mentally and socially? Each week students will participate in a WOW (workout of the week) lesson. Students will experience a variety of exercises in high intensity workouts. They will explore the adaptations of the human body and understand how to safely and effectively perform each exercise to their level of fitness in order to experience change. Students will be taught that exercise is a lifelong habit with numerous benefits such as developing life skills and preventing health diseases such as obesity, diabetes and heart disease.

NC reference:

They should understand what makes a performance effective and how to apply these principles to their own and others' work. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity. Pupils should be taught to: - be physically active for sustained periods of time and to lead healthy, active lives.

**Future Exploration(s):** Coming soon.

	Lesson Exploration	Lesson Experience(s)	Key Words
Week 1: Lesson 1	How does exercise help to build mental strength?	Students will experience how mental strength is needed to complete a pyramid and EMOM workout and how this can be applied to life challenges. <a href="#">YOUTUBE</a>	Cognitive function Reverpee Mental strength Anxiety Hygiene Self-denial
Week 2: Lesson 1	Which is better at relieving anxiety — a warm bubble bath or a 20-minute jog?	Students will experience an EMOM workout involving 5 different exercises to develop their strength endurance and to show how it can distract them from feeling stressful. <a href="#">YOUTUBE</a>	
Week 3: Lesson 1	How do you know you smell when you can't smell yourself?	Students will experience an AMRAP of 4 different movements with burpees as an EMOM. They will understand the body's sweat response to exercise and how to manage personal hygiene. <a href="#">YOUTUBE</a>	

<b>Week 4: Lesson 1</b>	<b>Is it good to be competitive?</b>	Students will experience two 10 minute workouts with minimal rest in between. Students will aim to beat the teacher/peers by completing as many reps as possible. <a href="#">YOUTUBE</a>	
<b>Week 5: Lesson 1</b>	<b>Does exercise grow brain cells?</b>	Students will complete 3 mini workouts using exercises selected from their 3 initials. <a href="#">YOUTUBE</a>	
<b>Week 6: Lesson 1</b>	<b>How can exercise help to fight infections?</b>	Students will experience an AMRAP in pairs and understand how this will help to prevent illnesses.	

<b>Literacy Links</b>	<b>Numeracy Links</b>
<p>PE requires students to have an understanding of basic terminology, given to them through keywords, delivered through our PE sessions.</p> <p>Students who are injured or without a kit require basic reading and writing skills to be able to engage in the lesson through the theory worksheets provided.</p>	<p>PE requires students to be able to count reps and to be able to have a basic understanding of time when performing workouts.</p>