

Year 7 PE | Workout of the Week - Term One

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

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.

	Lesson Exploration	Lesson Experience(s)	Knowledge	National Curriculum Statement	Key Words
Week 1: Lesson 1	What are the major muscles involved in performing a squat technique and how do they become stronger?	Students will experience a timed HIIT session (EMOM) individually with an increase in intensity each round.			EMOM Microtears Lactic Acid RFT Gas exchange Alveoli AMRAP BPM Heart rate Concentric
Week 2: Lesson 1	Why do our muscles ache after exercise?	Students will experience an EMOM in teams of 3 and discuss the feelings experienced since the previous lesson.			Isometric Serotonin Max Effort

Week 3: Lesson 1	How does the lungs get oxygen to the muscles?	Students will experience a pairs WOW with decreasing rep range and experience aerobic endurance such as breathing heavy			
Week 4: Lesson 1	How does an athlete know their HR?	Students will experience a team WOW and will measure their HR before and after exercise.			
Week 5: Lesson 1	How do muscles create movement?	Students will experience a WOW session with isometric movements.			
Week 6: Lesson 1	How does exercise make us feel happy?	Students will experience an EMOM session where they try to complete the work set in 1min followed by a 3min max effort activity.			

Literacy Links	Numeracy Links
<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>