



# Year 7 Fitness Learning Journey



## Equipment needed

- Weights
- Mats
- Cones

## Reminders

- We will be inside and will be working up a sweat! Make sure to have full PE kit and water!
- You will need supportive trainers.

<u>Lesson</u>	<u>Topic</u>
<u>Lesson 1</u>	<b>Warm up and cool down.</b>  Introduction to heart rate changes during exercise.
<u>Lesson 2</u>	<b>Muscular Endurance and aerobic endurance.</b>  Long duration activities to improve cardiovascular fitness.
<u>Lesson 3</u>	<b>Strength and Power</b>  Activities to improve strength and power.
<u>Lesson 4</u>	<b>Flexibility and Balance</b>  Activities to improve flexibility and balance.
<u>Lesson 5</u>	<b>Reaction time and coordination</b>  Focus on being able to react quickly and move with good coordination.
<u>Lesson 6</u>	<b>Speed and agility</b>  Focus on pace and changing direction.

## Keywords

<b>Muscular Endurance</b>	<b>Aerobic endurance</b>	<b>Reaction time</b>	<b>Coordination</b>	<b>Agility</b>
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