

Learning Intention	Vocab	Concept	Retrieval	Success Criteria	Hinge Questions for this lesson	Red Zone
Week 1 lesson 1 What is GCSE PE? What is component 4?	Health Fitness Wellbeing Diet Energy	Body systems	Sedentary lifestyle	I will be able to: - An introduction to the course – To know the units that make up GCSE PE. - To know the grading criteria and expectations in GCSE PE. - To know the requirements for component 4		Recap key topics from last year Quiz on: What are the components of fitness? What are the different Training methods? What are the Principles of training?
Week 1 Lesson 2 Practical To understand and evaluate current fitness levels.	Strength Speed Endurance Balance Co-ordination Power Reaction time	Health Related Fitness	Fitness Testing Which fitness tests link to which component of fitness?	I will be able to: Use suitable tactics to complete the cooper run. Measure current levels of fitness linked to Cardiovascular and Muscular endurance.	Which fitness test is most suitable for measuring cardiovascular endurance?	Evaluate current levels of fitness against national averages and link it's importance to their chosen sport.

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Week 1 Lesson 3 <u>Practical</u> To understand and evaluate current fitness levels.	Strength Speed Endurance Balance Co-ordination Power Reaction time	Health Related Fitness	Fitness Testing Which fitness tests link to which component of fitness?	I will be able to: Use suitable tactics to complete the cooper run. Measure current levels of fitness linked to Cardiovascular and Muscular endurance.	Which fitness test is most suitable for measuring cardiovascular endurance?	Evaluate current levels of fitness against national averages and link it's importance to their chosen sport.
Week 2 Lesson 1 <u>Theory</u> How can I reflect and use feedback to improve exam performance?	Green pen Self-assessment Peer review Target setting Mark scheme Command word Improvement	Health and wellbeing Fitness Responses, Adaptations and Additional factors Body systems	What does AO1, AO2, AO3 stand for? What was your best-answered question and why?	I will be able to: Self and peer assess using the official mark scheme. Identify areas for improvement and rewrite one extended response.	Individual feedback given to students and questions asked based on exam result.	Students directed to re-attempt one 6- or 9-mark answer to rewrite in green pen using feedback.
Week 2 Lesson 2 <u>Theory</u> How can I reflect and use feedback to improve exam performance?	Green pen Self-assessment Peer review Target setting Mark scheme Command word Improvement	Health and wellbeing Fitness Responses, Adaptations and Additional factors	What does AO1, AO2, AO3 stand for? What was your best-answered question and why?	I will be able to: Self and peer assess using the official mark scheme. Identify areas for improvement and rewrite one extended response.	Individual feedback given to students and questions asked based on exam result.	Students directed to re-attempt one 6- or 9-mark answer to rewrite in green pen using feedback.

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		Body systems				
Week 3 Lesson 1 Theory How can I reflect and use feedback to improve exam performance?	Green pen Self-assessment Peer review Target setting Mark scheme Command word Improvement	Health and wellbeing Fitness Responses, Adaptations and Additional factors Body systems	What does AO1, AO2, AO3 stand for? What was your best-answered question and why?	I will be able to: Self and peer assess using the official mark scheme. Identify areas for improvement and rewrite one extended response.	Individual feedback given to students and questions asked based on exam result.	Students directed to re-attempt one 6- or 9-mark answer to rewrite in green pen using feedback.
Week 3 Lesson 2 Theory Introduction to Coursework	Data Entry Components of fitness Tables Graphs Interpret Evaluate	Health Related Fitness	Fitness Testing Which fitness tests link to which component of fitness?	I will be able to; Provide brief information about your sport, position, personal best etc and a physiological overview of the sporting activity.	Which fitness test requires improvement in relation to your chosen sport?	Create a detailed plan to gather performance data in their chosen sport

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Week 3 Lesson 3 <u>Theory</u> How can I apply SMART Targets to my training program?	Specific Measurable Achievable Recorded Time	Health Related Fitness	What are SMART targets?	I will be able to: Construct an aim that is performance based and supported by a component of fitness.	Why are SMART targets important? What could be their impact on performance?	Develop SMART targets & Relevant methods of training researched and applied.
Week 4 Lesson 1 <u>Theory</u> How can principles of training be applied to a training program?	Individual needs Specificity Progressive overload FITT Rest & Recovery Reversibility	Health Related Fitness	Identify the principles of training?	I will be able to; Explain how the Principles of training will be applied, especially with regards to intensities of training and how progressive overload will be used to initially, and throughout the training.	If the principles of training are applied, what should happen to the level of performance?	Apply the principles of training to the 6 week training plan.
Week 4 Lesson 2 <u>Practical</u> To improve their chosen component of fitness through circuit training.	Circuits Strength Cardiovascular Endurance Muscular endurance	Health Related Fitness	Which component of fitness is vital to improve performance in the chosen sport?	I will be able; Identify exercises which will improve the component of fitness relevant to performance in my chosen sport.	Which component of fitness does each exercise improve? What is its impact on performance?	Record results and evaluate performance, including areas of strength and weakness.

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Week 5 Lesson 1 Theory Create and design a 6 week training program	Individual needs Specificity Progressive overload FITT Rest & Recovery Reversibility	Health Related Fitness	Identify the principles of training?	I will be able to; Create & design a 6 week training program, applying the principles of training.	How can the principles of training be applied to the Program?	Evaluate how many principles of training are incorporated
Week 5 Lesson 2 Practical To improve their chosen component of fitness through circuit training.	Circuits Strength Cardiovascular Endurance Muscular endurance	Health Related Fitness	Which component of fitness is vital to improve performance in the chosen sport?	I will be able; Apply principles of training to the training session. Identify exercises which will improve the component of fitness relevant to performance in my chosen sport.	Which component of fitness does each exercise improve? What is its impact on performance?	Record results and evaluate performance, including areas of strength and weakness.
Week 5 Lesson 3 Practical To improve their chosen component of fitness through circuit training.	Circuits Strength Cardiovascular Endurance Muscular endurance	Health Related Fitness	Which component of fitness is vital to improve performance in the chosen sport?	I will be able; Apply principles of training to the training session. Identify exercises which will improve the component of fitness relevant to performance in my chosen sport.	Which component of fitness does each exercise improve? What is its impact on performance?	Record results and evaluate performance, including areas of strength and weakness.

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Week 6 Lesson 1 Practical To improve their chosen component of fitness through circuit training.	Circuits Strength Cardiovascular Endurance Muscular endurance	Health Related Fitness	Which component of fitness is vital to improve performance in the chosen sport?	I will be able; Apply principles of training to the training session. Identify exercises which will improve the component of fitness relevant to performance in my chosen sport.	Which component of fitness does each exercise improve? What is its impact on performance?	Record results and evaluate performance, including areas of strength and weakness.
Week 6 lesson 2 Practical How can I use mid-programme fitness testing to evaluate my progress and adjust my training intensities?	Progressive overload FITT principle Intensity Frequency Time Type Baseline Mid-test Evaluation Adaptation Training zone Heart rate Target heart rate Specificity Progression	Evaluation Fitness Themes Responses, Adaptations and Additional Factors	What does FITT stand for? What is meant by training intensity? Why is progressive overload important?	To complete selected mid-programme fitness tests safely and accurately. To compare mid-programme results with baseline fitness scores. To evaluate whether the current training programme is producing improvements. To identify whether training intensity should increase, decrease or remain the same.	A student has completed three weeks of a six-week cardiovascular endurance programme. Their Cooper Run score has improved from 1,850 m to 2,050 m. What is the best next step? A. Stop training because the programme has worked. B. Increase training intensity slightly to continue improving.	Practical Activity – Mid-Programme Fitness Testing Students complete only the fitness tests linked to the component(s) of fitness identified in their PEP. Examples: Cooper Run (Cardiovascular Endurance) Multi-Stage Fitness Test Press-Up Test (Muscular Endurance) Sit-Up Test (Muscular Endurance) Vertical Jump (Power) Illinois Agility Test

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				To justify changes to the PEP using fitness test evidence.	C. Start training a different component of fitness instead. D. Repeat exactly the same sessions without reviewing progress. Correct answer: B	Standing Stork Test (Balance) 30m Sprint (Speed) Students should: Record all scores. Compare results to baseline data. Identify percentage or numerical improvement. Decide whether current training intensity remains appropriate.
Week 7 Lesson 1 Practical To improve their chosen component of fitness through circuit training.	Circuits Strength Cardiovascular Endurance Muscular endurance	Health Related Fitness	Which component of fitness is vital to improve performance in the chosen sport?	I will be able; Apply principles of training to the training session. Identify exercises which will improve the component of fitness relevant to performance in my chosen sport.	Which component of fitness does each exercise improve? What is its impact on performance?	Record results and evaluate performance, including areas of strength and weakness.
Week 7 Lesson 2 Practical To improve their chosen component of fitness through circuit training.	Circuits Strength Cardiovascular Endurance Muscular endurance	Health Related Fitness	Which component of fitness is vital to improve performance in the chosen sport?	I will be able; Apply principles of training to the training session.	Which component of fitness does each exercise improve? What is its impact on performance?	Record results and evaluate performance, including areas of strength and weakness.

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				Identify exercises which will improve the component of fitness relevant to performance in my chosen sport.		
Week 7 Lesson 3 Practical To improve their chosen component of fitness through circuit training.	Circuits Strength Cardiovascular Endurance Muscular endurance	Health Related Fitness	Which component of fitness is vital to improve performance in the chosen sport?	I will be able; Apply principles of training to the training session. Identify exercises which will improve the component of fitness relevant to performance in my chosen sport.	Which component of fitness does each exercise improve? What is its impact on performance?	Record results and evaluate performance, including areas of strength and weakness.
Week 8 lesson 1 Practical How can I evaluate the effectiveness of my training programme by comparing my post-training fitness test results with my baseline data?	Cardiovascular endurance Muscular endurance Strength Speed Power Balance Coordination Reaction time Valid Reliable Comparison Improvement	Evaluation Health Related Fitness Fitness Themes	Which fitness test measures cardiovascular endurance? Which fitness test measures muscular endurance? Why is it important for a fitness test to be valid?	To complete the same battery of fitness tests completed before the training programme. To accurately record post-training fitness test results. To compare post-training results with baseline (pre-training) data.	A student completes a Cooper Run before and after a 6-week training programme. Their distance increases from 1,900 m to 2,300 m. What is the best conclusion? A. Their cardiovascular endurance has improved, suggesting the training programme was effective.	Students complete the same fitness tests as their initial assessment under identical conditions. Suggested fitness tests: Cooper 12-Minute Run (Cardiovascular Endurance) Sit-Up Test (Muscular Endurance) Press-Up Test (Muscular Endurance) Vertical Jump Test (Power)

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	Evaluation Training programme			To evaluate improvements against normative data and explain reasons for any changes. To identify strengths, areas for improvement, and make recommendations for future training.	B. Their muscular strength has improved because they ran further. C. Their balance has improved because they completed the test more quickly. D. The results prove the test was unreliable. Correct Answer: A	Standing Stork Test (Balance) Illinois Agility Test (Agility) Ruler Drop Test (Reaction Time) 30m Sprint (Speed) Hand Grip Dynamometer (Strength) Students should: Record all results accurately. Compare scores with their initial fitness test results. Compare performance against normative data.
Week 8 Lesson 2 Theory How can I evaluate the overall success of my Personal Exercise Programme (PEP) and justify recommendations for future improvement?	SMART targets Evaluation Justification Performance goal Training goal Progressive overload Specificity FITT principles Adaptation Intensity Recommendations	Evaluation Fitness Themes Responses, Adaptations and Additional Factors	Why is progressive overload important? Why should fitness testing be completed before, during and after a PEP?	I will be able; To evaluate whether SMART performance and training goals were achieved. To justify whether the chosen training method was appropriate. To evaluate the application of the principles of training and training intensities.	A performer completed a six-week interval training programme to improve cardiovascular endurance. Their Cooper Run score improved by 350 metres, but they did not achieve their original SMART target. Which is the best evaluation? A. The programme completely failed	PEP Evaluation Using Your Training Booklet Activity: Evidence-Based PEP Evaluation Students must use their completed training booklet, fitness test results and training logs as evidence to evaluate the success of their Personal Exercise Programme. They should refer to specific sessions, training data and recorded reflections throughout the activity.

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	tions Reflection			To reflect on the planning and delivery of the PEP and identify improvements. To produce justified recommendations for future training linked to performance.	because the SMART target was not achieved. B. The programme was successful because fitness improved, but the SMART target may have been unrealistic or the training intensity may need adjusting. C. The training method should immediately be changed to weight training. D. No evaluation is needed because the programme has finished. Correct Answer: B	Task 1 – SMART Target Review (5 minutes) Using your training booklet: Identify your performance SMART target. Identify your training SMART target. State whether each target was achieved. Use evidence from your training logs and fitness test results to justify your answer. Task 2 – Training Method & Principles Evaluation (5 minutes) Use your training diary to answer: Was your chosen method of training appropriate for your goal? Explain using evidence from your completed sessions. Which principles of training (specificity, progressive overload, reversibility, variation,

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						rest and recovery) can you identify within your programme? Were your training intensities appropriate throughout the programme? Support your answer using heart rate data, RPE scores, training zones, repetitions, distances or timings recorded in your booklet. Task 3 – Reflection on the PEP (5 minutes) Using your weekly training logs, identify: One session that was particularly successful and explain why. One session that could have been improved and explain what you would change. Did your training logs show progression throughout the programme? Use evidence to justify your answer. Task 4 – Future Recommendations (5 minutes)

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						Using all the evidence collected in your training booklet, write three recommendations for improving your next Personal Exercise Programme. Each recommendation should include: What you would change. Why you would change it. Evidence from your training logs that supports this recommendation. How the change would improve your fitness and sporting performance.
Week 8 Lesson 3 Theory How can I evaluate the overall success of my Personal Exercise Programme (PEP) and justify recommendations for future improvement?	SMART targets Evaluation Justification Performance goal Training goal Progressive overload Specificity FITT principles Adaptation	Evaluation Fitness Themes Responses, Adaptations and Additional Factors	Why is progressive overload important? Why should fitness testing be completed before, during and after a PEP?	I will be able; To evaluate whether SMART performance and training goals were achieved. To justify whether the chosen training method was appropriate. To evaluate the application of the	A performer completed a six-week interval training programme to improve cardiovascular endurance. Their Cooper Run score improved by 350 metres, but they did not achieve their original SMART target. Which is the best evaluation?	PEP Evaluation Using Your Training Booklet Activity: Evidence-Based PEP Evaluation Students must use their completed training booklet, fitness test results and training logs as evidence to evaluate the success of their Personal Exercise Programme. They should refer to specific

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	Intensity Recommendations Reflection			principles of training and training intensities. To reflect on the planning and delivery of the PEP and identify improvements. To produce justified recommendations for future training linked to performance.	A. The programme completely failed because the SMART target was not achieved. B. The programme was successful because fitness improved, but the SMART target may have been unrealistic or the training intensity may need adjusting. C. The training method should immediately be changed to weight training. D. No evaluation is needed because the programme has finished. Correct Answer: B	sessions, training data and recorded reflections throughout the activity. Task 1 – SMART Target Review (5 minutes) Using your training booklet: Identify your performance SMART target. Identify your training SMART target. State whether each target was achieved. Use evidence from your training logs and fitness test results to justify your answer. Task 2 – Training Method & Principles Evaluation (5 minutes) Use your training diary to answer: Was your chosen method of training appropriate for your goal? Explain using evidence from your completed sessions.

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						Which principles of training (specificity, progressive overload, reversibility, variation, rest and recovery) can you identify within your programme? Were your training intensities appropriate throughout the programme? Support your answer using heart rate data, RPE scores, training zones, repetitions, distances or timings recorded in your booklet. Task 3 – Reflection on the PEP (5 minutes) Using your weekly training logs, identify: One session that was particularly successful and explain why. One session that could have been improved and explain what you would change. Did your training logs show progression throughout the programme? Use evidence to justify your answer.

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