



Greenwood School Curriculum Summary

Subject: Physical Education

Year: 2020

Term: Autumn Term 2

Lesson name	Lesson outline	Online link(s)	Other Resources
Fitness Testing	To know what fitness tests are used to measure the 11 components of fitness	https://www.youtube.com/watch?v=g-iu4uMjHkc	Fitness Testing worksheet
Fitness components	To know all skill related and health related components of fitness needed for different sporting and fitness activities.	https://www.youtube.com/watch?v=voTc_Gdfo4c	Fitness components worksheet
Major muscles of the human body	To know the location of the major muscles of the human body	https://www.youtube.com/watch?v=z7psWfRLXFY	Label the muscles worksheet
Training methods	To know which training method develops certain components of fitness	https://www.youtube.com/watch?v=iLDfTgtJCS4	Training methods worksheet and word search activity
Circuit Training	To know what circuit training is and be able to create a circuit training session to develop certain components of fitness	https://docs.google.com/spreadsheets/d/1pFodDTHCtzpEO1ISLgEH33rqh-hmSikRB7zNP9xhh4E/edit#gid=0 https://www.youtube.com/watch?v=JfQQ7tswfdM https://www.youtube.com/watch?v=9JHs7lZz_a4	Training session log
Weight Training	To know what weight training involves and be able to create your own weight training session	https://www.youtube.com/watch?v=9JHs7lZz_a4	Training session log
Interval Training	To know what interval training involves and be able to create your own interval training session	https://www.youtube.com/watch?v=X48OxPVpavA https://www.youtube.com/watch?v=WkRyOOQCvbo	Training session log
Fartlek Training	To know what weight training involves and be able to create your own weight training session	https://www.youtube.com/watch?v=H5QOVsKH9Y	Training session log
Continuous Training	To know what continuous training involves and be able to create your own continuous training session	https://www.youtube.com/watch?v=xRN1g_vfDDw	Training session log
Warm up and cool down	To understand the importance of a warm up and cool down for sport and exercise	https://www.youtube.com/watch?v=PmfS8_rf8CE	Warm up and cool down worksheet
Stretching	To know how to stretch major muscles of the human body		Stretches worksheet
Healthy Eating	To understand the importance of healthy eating and know the role of the different food groups have on your body	https://www.youtube.com/watch?v=K4LzSH9qU_Q	Healthy eating/food groups worksheet
Personal Hygiene	To understand the importance of personal hygiene and know what activities you need to engage in to have a good personal hygiene routine.	https://www.youtube.com/watch?v=iQ2e0KH5Wrl https://www.youtube.com/watch?v=FF3PuaYkTMs	Personal Hygiene diary
Healthy Living	To understand what is meant by healthy living and know what constitutes to leading a healthy lifestyle	https://www.youtube.com/watch?v=zL2M67jbCzI https://www.youtube.com/watch?v=eSEYPO30AN0 https://www.youtube.com/watch?v=xxxWv6PM4EM https://www.youtube.com/watch?v=LHujMS4z4mw	Healthy living worksheets