

Maple Class- Fitness

- ❖ Strength, Stamina, Speed and Suppleness
- ❖ Fitness testing- including Sit and reach; forearm plank, Illinois agility test, speed, Sprint test, MSFT (Multi-stage fitness test).
- ❖ Re-test at the end of the term.
- ❖ Circuit training
- ❖ Hiit workouts
- ❖ Yoga/Pilates
- ❖ Gym based group
- ❖ Plyometric
- ❖ Endurance- Fartlek training
- ❖ Heart rate measuring
- ❖ Setting own training plan

Term 3

PE: Fitness



Main Learning Intention

- ❖ **For all learners** to explore a variety of fitness activities, and consider these for outside of school.
- ❖ To engage in social skills including turn taking, passing resources, and interactions with their peers.
- ❖ **For some learners** to learn about different muscles and how we can develop them.
- ❖ To learn about how they can measure and track their fitness.
- ❖ To explore creating their own training plan.

Optional Home activities:

- ❖ Measuring heart rate
- ❖ Walks, runs, swims, cycles.
- ❖ Gym workouts
- ❖ YouTube Videos:
- ❖ Yoga- Yoga with Adriene
- ❖ Pilates- Jessica Valant Pilates
- ❖ Hiit Workouts- The Body Coach TV by Joe Wicks