

Curriculum and Knowledge Map - Term 3

Lower School

Health Related Exercise/Dance

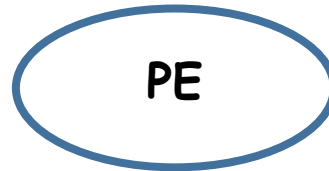
Discover and learn a variety of different ways to exercise your body.

Use different shapes, leaps and transitions to complete a dance sequence, considering levels and rhythm.

Know different types of exercise.

Know how to move to music.

Know how exercise effects the body and heart rate.



Middle School

Discover and learn a variety of different ways to exercise your body.

Start discussions and tasks related to the importance of nutrition and hydration in a healthy lifestyle.

Start to set goals on areas they would like to improve and start to plan ways to achieve this.

Know different types of exercise.

Know how different exercises effect the body.

Know how to set exercise goals.

14-16

Discover and learn a variety of different ways to exercise your body.

Complete tasks on the importance of nutrition and hydration in a healthy lifestyle.

Setting goals on areas they would like to improve and set SMART goals to plan ways to achieve this through specific exercise.

Know different types of exercise.

Know how different exercises effect the body.

Know how to set SMART goals.



ASDAN Life Skills Sport

Gaining the opportunity to develop the knowledge required to access fitness facilities and lead a healthy lifestyle.

Develop independence of creating fitness circuits and exploring how different exercise effect our body.

Know what is meant by keeping fit.

Know how to use a range of different fitness equipment safely.

Know how to challenge their body within a gym environment.