

Curriculum map 6th form Health and Wellbeing

Year 12/13

	Autumn 1	Autumn 2	Winter 1	Winter 2	Summer 1	Summer 2
Topic	Yoga	Boxercise	Circuit Training	Pilates	Interval Training HIIT	Resistance Training
End Point Knowledge (Objective)	Know how to perform and replicate Yoga skills for strength, flexibility, balance and coordination. Develop relaxation and breathing techniques for exercise.	Know how to improve stamina, muscular endurance, coordination and speed through performance of techniques for punching, footwork, body movement, evasion including defensive guard. Feint, slip and roll.	Know how to make improvements in general fitness through the completion of compound exercises within a circuit. Know how to organise and design a specific skills/exercise circuit.	Know how to Improve core strength, muscle balance, control, and body awareness through the Pilates method exercises.	Know the advantages and benefits of HIIT training for long term health and maximising cardiovascular benefits, burning fat and boosting metabolism.	Know how to improve muscular strength through the safe and correct use of free and body weight exercise to improve muscle tone, size and density.
Assessment task (s)	Demonstrate the ability to perform yoga movements in various combinations and forms. Demonstrate basic skills associated with yoga activities including strength and flexibility, balance and coordination.	Perform a variety of combinations in response to changing situations. Including the use of body punches, blocks, counters, rolls, slips and feints.	To set specific training goals and to design, create and complete a circuit to meet an individual's training needs.	Develop a personal workout using Pilates-based exercises. Apply modifications to mat exercises with regard to proper alignment and safety when participating in Pilates programming.	Can complete a three minute interval workout at high intensity in or close to the Anaerobic threshold.	Demonstrate correct lifting and spotting technique. Can use dumbbells, barbells and kettlebells and structure training using repetitions and sets.
Key text and vocabulary	AQA A-level PE Book 2 Hodder Education, CTEC Level 3 Sport and Physical Activity, Seneca BBC Bitesize – Hatha Yoga, Ashtanga Yoga, Vinyasa Yoga, Yin Yoga, Kundalini Yoga, Sivananda Yoga, Iyengar Yoga Visualisation,	AQA A-level PE Book 2 Hodder Education, CTEC Level 3 Sport and Physical Activity, Seneca BBC Bitesize – Bobbing, weaving, Slipping, Rolling, Feinting, Counterpunch, Cross Counter, Footwork, Shadow Boxing, Jab,	AQA A-level PE Book 2 Hodder Education, CTEC Level 3 Sport and Physical Activity, Seneca BBC Bitesize - Agonist, Antagonist, Tendons, Isotonic, Isometric, Concentric, Eccentric, Deltoid, Latissimus Dorsi, Biceps Brachi, Triceps	AQA A-level PE Book 2 Hodder Education, CTEC Level 3 Sport and Physical Activity, Seneca BBC Bitesize Abdominal Muscles, Vertebral column, Pelvis, Anterior Deltoid, Posterior Deltoid, Trapezius, Teres Major, Pronator Teres, Supinator	AQA A-level PE Book 2 Hodder Education, CTEC Level 3 Sport and Physical Activity, Seneca BBC Bitesize – Aerobic Intervals, Anaerobic capacity, Lactic Acid, Recovery, Speed, Training Thresholds, Outcome Goals, Lungs, Alveoli, Tidal	AQA A-level PE Book 2 Hodder Education, CTEC Level 3 Sport and Physical Activity, Seneca BBC Bitesize -Sets Reps, Skeletal Muscle, Strength Training, Hypertrophy, Atrophy, Power, Isotonic

	Mindfulness, Relaxation, Breathing techniques, Affirmations, Health, Fitness, Wellbeing, Physical, Emotional, Social health	Hook, UpperCut, Straight, Body shot, Blocking, Straight, Orthodox stance, Southpaw, Protection, Axial Skeleton, Appendicular Skeleton, Long Bones, Movement	Brachii, Hamstrings, Quadriceps, Hip Flexors, Gluteals, Tibialis Anterior, Gastrocnemius, Soleus, Rotator Cuff, Biceps femoris, semimembranosus, semitendinosus, Rectus femoris, vastus medialis, intermedius, lateralis,	muscle, Wrist flexors and extensors, Rectus abdominis, Erector spinae, Internal/external Obliques, Iliopsoas, Gluteus maximus, medius, minimus, Adductor longus, brevis, magnus	Volume, Oxyhaemoglobin, Expiratory Reserve Volume (ERV), Inspiratory Reserve Volume (IRV) Residual Volume, Artery, Vein, Capillaries, Vasoconstriction, Vasodilation, Atria, Ventricles, Cardiac Cycle, Systole, Diastolic, Sprint intervals, Fartlek, Oxygen Debt	Contraction, Isometric Contraction Somatotype, Ectomorph, Endomorph, Mesomorph,
Link with A Level/CTE C Sport	Unit 1 Body Systems and the effects of PA Unit 10 BioMechanics and movement analysis Unit 20 Sociology of Sport	Unit 1 Body Systems and the effects of PA Unit 10 BioMechanics and movement analysis Unit 13 Health and Fitness Testing for sports and exercise	Unit 1 Body Systems and the effects of PA Unit 13 Health and Fitness Testing for sports and exercise Unit 19 Psychology of Sport	Unit 1 Body Systems and the effects of PA Unit 10 BioMechanics and movement analysis Unit 20 Sociology of Sport	Unit 1 Body Systems and the effects of PA Unit 13 Health and Fitness Testing for sports and exercise Unit 19 Psychology of Sport	Unit 1 Body Systems and the effects of PA Unit 13 Health and Fitness Testing for sports and exercise Unit 17 Sports Injuries and rehabilitation
Challenge: All students More able students	What are the health benefits of regular participation in Yoga? Why is Yoga considered a spiritual as well as physical activity?	What are the physical, social and mental benefits of participation in boxercise? Boxing is called the sweet science. Why do you think this is?	What are the advantages of Circuit training? Why is Circuit training suitable for large groups?	What does it mean if you have good core strength? What are core stabiliser muscles and how do you strengthen them?	What sports people would benefit from Interval training? Why is Interval training beneficial for making quick improvements in Fitness?	What are the benefits of Resistance training? Why is resistance training important for all athletes?
Love, Hope, Trust	Exploration of Yogis and their spiritual tradition	Celebration of British Boxing champions	A History of exercise and fitness	Who is Joseph Pilates and what are the origins of his movement	The three peaks challenge, Ironman and Tough mudder	Body beautiful. A celebration of human physical achievement
Enrichment / Cultural enrichment	Participation in the extended curriculum. Autumn, Winter and Summer provision. Representing House team, Participation in external school sports competition. Affiliation and membership with community sports clubs. Selection and performance for district and regional teams. Attendance at school and community trips and residential breaks for Outdoor Education.					

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