

**PHYSICAL EDUCATION
AL JAZEERA ACADEMY,
MIDDLE YEARS PROGRAMME, 2009-2010**

TOPICS	OBJECTIVES	AREAS OF INTERACTION	ASSESSMENT CRITERIA
<p>Topics: YR 7. FITNESS</p> <p>Unit Question What is fitness and how do we test it?</p> <p>Content/Key questions: What are the different types of fitness?</p> <p>What are these fitness categories important for?</p> <p>How do we test the different types of fitness?</p> <p>How do we improve fitness?</p>	<p>A) describe and explain basic principles that contribute to fitness, and their importance in various contexts</p> <p>use their knowledge to identify and assess the impact of factors that influence situations, and solve simple problems in familiar situations.</p> <p>C) perform simple interpretations of movement concepts and basic movement sequences in a variety of physical contexts.</p> <p>D) demonstrate a positive attitude by supporting and encouraging others</p> <p>set simple goals to enhance learning and devise a basic plan for achieving them.</p>	<p>AOI Focus.</p> <p>Health and Social/Community and Service</p> <p>Using different tests and exercises to highlight the different types of fitness.</p> <p>Students will feel the different demands placed on the body.</p> <p>Students will understand how important exercise is to a healthy life style.</p> <p>Fitness test scores will be placed on the PE board to show best scores and best improvements.</p> <p>Significant Concepts</p> <p>Students will begin to understand the basic anatomy, and how many different types of fitness there are.</p> <p>Students will be able to keep track of their fitness and know how to improve it.</p>	<p>Knowledge and Understanding Criterion A (8)</p> <p>Movement and Composition Criterion B (6)</p> <p>Performance and Application Objective C (10)</p> <p>Social Skills and Personal Engagement Criterion D (8)</p> <p>January 5th and April 8th: Fitness pre-testing and testing at the end of the unit (A) (C) (D)</p> <p>April 8th: Fitness and Health Quiz (A)</p> <p>Ongoing assessment: Application to training methods during unit (C) (D)</p>

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