

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

TOPICS	OBJECTIVES	AREAS OF INTERACTION	ASSESSMENT CRITERIA
<p>Topics: YR 8. FITNESS</p> <p>Unit Question How can we improve each area of fitness?</p> <p>Content/Key questions: Why do we need</p> <ul style="list-style-type: none"> • Cardio-vascular • Muscular endurance • Strength • Flexibility <p>Why are these aspects of fitness important to a health lifestyle.</p> <p>How to measure their fitness levels and can compare results, against school norms.</p>	<p>A) use some fitness terminology in context</p> <p>demonstrate an understanding of the basic principles that contribute to fitness, and their importance in various contexts</p> <p>C) perform movement concepts and sequences of movement in a variety of physical contexts.</p> <p>D) set simple goals to enhance learning and take action towards achieving them.</p> <p>demonstrate attitudes and strategies that support and encourage others</p>	<p>AOI Focus.</p> <p>Health and Social/Community</p> <p>Students will examine closely our body can become 'fit'</p> <p>Students will now learn how to keep the body fit and healthy for the future</p> <p>Fitness testing scores displayed on PE board</p> <p>Significant Concepts Students will understand the specific components of fitness and why they important in sport or everyday life.</p> <p>Students will investigate how these can be specifically improved.</p> <p>Students will Evaluate how much exercise they are doing and develop ways to improve</p>	<p>Knowledge and Understanding Criterion A (8)</p> <p>Performance and Application Objective C (10)</p> <p>Social Skills and Personal Engagement Criterion D (8)</p> <p>April 8th:</p> <p>Fitness assessment. Students assessed during training Sessions on performance and application.</p> <p>Fitness testing scores</p> <p style="text-align: center;">(A) (C) (D)</p> <p>April 10th: Test (aspects of fitness)</p>

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