

Learning Plan 2		Subject/Pwnc: Health and Wellbeing (Fitness)		Year/Blwyddyn: 7			
<u>The Four Purposes in Health and Wellbeing:</u> Ambitious, capable learners, who: Set themselves high standards; seek and enjoy challenge; ask questions; enjoy solving problems; use number effectively in different contexts; interpret data and apply mathematical concepts. Enterprising, creative contributors, who: Connect and apply their knowledge and skills to generate ideas; think creatively to solve problems; identify and grasp opportunities; take measured risks; lead and play different roles in teams effectively; give of their energy and skills so that other people will benefit. Ethical, informed citizens, who: Find, evaluate and use evidence in forming views; consider the impact of their actions; know about their culture, community, society and the world. Healthy, confident individuals, who: Build their mental and emotional well-being; are confident, resilient and empathetic; apply knowledge about the impact of diet and exercise on physical and mental health in their daily lives; take part in physical activity; have the confidence to participate in performance; form positive relationships based upon trust and mutual respect; face and overcome challenge; develop skills and knowledge to manage everyday life. Knowledge focus/what matters: Enhancing a range of oracy, analysis and evaluation skills across health and well-being, in particular fitness. 10 keywords: Exercise, Nutrition, Hydration, Muscle, Heart rate, Endurance, Flexibility, Well-being, Sleep, Hygiene, Sportsmanship.							
Learning objective/key question	What will I know and be able to do? I can...	How will I develop my skills? (Success Criteria)			Homework/Gwaith cartref to support progress		
Week 1 3/11/25 Discuss HWB through a Circuit	- Discuss key terms related to health and well-being. - Discuss the importance of HWB. - Introduce the components of fitness (e.g. strength, flexibility etc) - Understand and demonstrate the different circuit stations. - Evaluate own HWB and set some goals for the unit.	- I am aware of the different keywords related to HWB and fitness, as well as the different components of fitness and can explain some of them at this stage. - I can confidently demonstrate 5 to 7 different stations linked to the circuit taught (focusing on jumping jacks, wall sits, planks, lunges etc). - I can use oracy to explain what each station is working on (squats – improving muscle endurance in the quad/hamstrings) - I can use analysis and evaluation skills on my own performance. - I can construct suggestions for improvements for the purpose of setting goals for this fitness unit.			Wk 1 Homework: Research and plan one goal that's SMART for improving their own fitness. Set:3/11/25 Due:10/11/25		

Week 2 10/11/25 Strength and Coaching (Bodyweight Circuit)	• Discuss and explain the importance of a warm-up. • Deliver a warm-up to a small group. • Understand and demonstrate the different stations. • Further develop my knowledge of proper form and technique and knowing which muscles each stations work. • Analyse their peers' form and technique.	• I can use oracy skills to describe why a warm-up is important. • I can lead a small group through a warm-up (e.g.high knees, heel kicks) • I can explain what proper form and technique to the following moves: squats, press ups, planks, lunges and one partner resistance exercise. • I can transfer this knowledge and demonstrate the above exercise using proper form and technique. • I have knowledge of the proper form and techniques to coach my partner giving them feedback on WWW and EBI.	Wk 2	Homework: Practice these core moves at home and create a diary log. Set:10/11/25 Due:17/11/25
Week 3 17/11/25 Cardio & Endurance / Interval training	• Understand what the meaning of cardiovascular endurance/ fitness /stamina is. • Demonstrate teamwork through relay races. • Understand and perform interval training. • Discuss the cardio benefits for the heart and lungs.	• I can explain what cardiovascular endurance/fitness is. • I can demonstrate teamwork through relay races (shuttle runs, obstacle courses etc). • I can complete interval training individually (e.g. 30 sec jogging, 30 sec of fast running – repeat 5 to 8 times). • I can confidentially explain the main cardio benefits to the heart and lungs.	Wk 3	Homework: Create a spider diagram of the benefits of cardio to the heart and lungs. Set:17/11/25 Due:24/11/25
Week 4 24/11/25 Flexibility and Mobility (Yoga)	• Recall / Discuss the meaning of flexibility and mobility. • Develop my knowledge of different yoga movements and poses and its links to injury prevention and improving movement. • Understand the importance of sleep and hygiene.	• I can confidently explain flexibility and mobility. • I can demonstrate different yoga poses and movements with good posture. • I can discuss the benefits of yoga and how this links to injury prevention and improvements in movement. • I can explain to another why sleep and personal hygiene is important.	Wk 4	Homework: Give a link of a yoga video to complete at home. Set:24/11/25 Due:1/12/25

Week 5 1/12/25 Team Sports and Cooperation	• Develop my understanding of the importance of working as a team to improve well-being. • Demonstrate my teamwork skills, communication and cooperation through a sport. • Understand what sportsmanship means. • Assist in leading small games.	• I can confidently explain why teamwork helps to improve and individuals' health and well-being. • I can demonstrate teamwork through playing mini games of benchball / volleyball etc). • I can identify some people in my group that demonstrate sportsmanship. • I can develop strategies within a team of how we can work even better together.	Wk 5	Homework: Set:6/10/25 Due:13/10/25
Week 6 8/12/25 Gong bath & Mental Health	• Understand the importance of self-care • Understand the different strategies that can be used to help be more mindful. • Understand what a gong bath is. • Explain the positives from a gong bath.	• I can describe what self-care is and give a few examples of mine. • I can explain what a gong bath is and its benefits to individuals. • I can make links to mental health and the importance of looking after the mind as well as the body.	Wk 6	Homework: Create a list of all the self-care habits they personally enjoy (e.g. listening to music, bath, walking etc) Set: 8/12//25 Due:15/12/25
Week 7 15/12/25 Well-being Walk & Mental Health (Ongoing assessment through each lesson).	• Understand the power of a well-being walk and connecting with nature. • Explain how the well-being walk has made them feel. • Recap all the different HWB lessons for them to choose an activity to complete as homework the Christmas break.	• I can explain the benefits of well-being walk to others as well as the importance of connecting with nature. • I can discuss different feeling that come about from a well-being walk and walking around nature. • I can orally review the unit's work with opinions on my favourite types of HWB activities.	Wk 7	Homework: Carry a HWB activity over the Xmas period and bring evidence to school in the new year. Set:15/12/25 Due:5/1/25