Learning	Plan Autu	mn 2	Subject/Pwnc: Health and Wellbeing (Fitness)	Year/Blwyddyn: 8

The Four Purposes in Health and Wellbeing:

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:

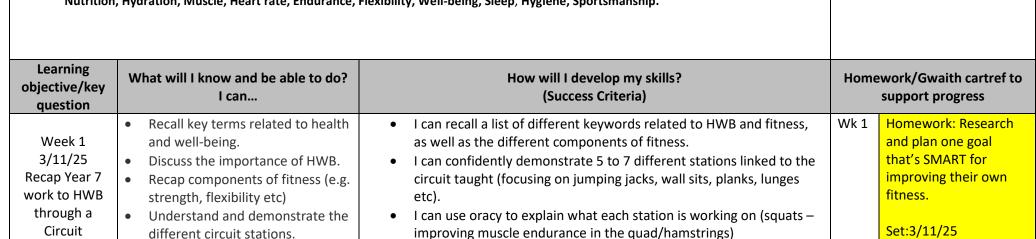
Build their mental and emotional well-being; are confident, resilient and empathetic; apply knowledge about the impact of diet and exercise on physical and mental health in their daily lives; take part in physical activity; have the confidence to participate in performance; form positive relationships based upon trust and mutual respect; face and overcome challenge; develop skills and knowledge to manage everyday life.

Knowledge focus/what matters:

Evaluate own HWB and set some

goals for the unit.

• 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.



setting goals for this fitness unit.

I can use analysis and evaluation skills on my own performance.

I can construct suggestions for improvements for the purpose of



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 hygience. 	 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 sportmanship. 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