

Concept: Fit For Life

The big picture: The students will understand the importance of taking responsibility of their own health and fitness.

Why does it matter? Fit for Life in Physical Education (PE) provides a foundation for understanding the importance and components of maintaining a fit and healthy lifestyle, crucial for lifelong well-being and fitness.

Core Characteristics	Definitions	In Practice
Components of Fitness	Defining the components of fitness; Cardiovascular endurance, muscular endurance, muscular strength, power, flexibility, balance, coordination, speed.	Using the jump boxes to develop quadricep power.
Types of Exercise	Defining the different types of exercise; aerobic, anaerobic, flexibility, strength, balance and coordination	Modifying your football lesson to include sprints and rests to develop the anaerobic energy system
Benefits of Regular Exercise	Improving physical, mental and emotional health. Reducing the risk of chronic diseases and promoting better habits.	Taking part fully in all PE lessons
Healthy Lifestyle Choices	Recognizing the choices made now will have lasting lifelong impact on the body (hydration, sleep, diet)	Developing a sound understanding of good habits by bringing a water bottle to all PE lessons.
Goal Setting and Motivation	Setting SMART goals (Specific, Measurable, Achievable, Relevant, Time-bound) to foster self-discipline and motivation.	Tracking progress with apps to stay motivated.
Safety in Exercise	Learning the importance of warming up and cooling down, using equipment correctly and recognising the signs of over training.	Providing a note to your teacher if you are injured and knowing that you can still participate in an adapted way rather than sitting out.

Activities to develop fit for life in PE

Invasion Games (e.g, hockey, netball, rugby)

Net/Wall Games (e.g, badminton, volleyball)

Health and Fitness (e.g., circuits, CrossFit)

Impact on Everyday Life

Promotes a deeper understanding of health and fitness beyond just PE.

Develops lifelong skills in resilience and critical thinking.

Enhances enjoyment and engagement by keeping learning relevant and purposeful throughout life.

Remember:

Fit for Life in PE is an active approach to understanding and enjoying physical activity, encouraging students to think critically, analyse and appreciate different games and activities at a deeper level, leading to both personal and team development.