

Name of unit: What is Health & Fitness?	
Expected Outcomes By the end of this unit, pupils will be able to: Name two different components of fitness (e.g., stamina, strength). Safely demonstrate one exercise for each of those components. Complete a basic fitness test, focusing on personal effort. Hold a badminton racket with the correct grip and attempt a serve.	
Developmental Focus Opportunities Gross Motor Skills: Focusing on the ELG to 'move energetically' in a purposeful way to improve health. Developing 'strength and coordination' through safe use of weights and bodyweight exercises. Fine Motor Skills: Explicitly teaching the correct grip for a badminton racket, linking to the ELG of 'using a range of small tools' with increasing control	
Key Learning Points	Powerful Knowledge
Fitness is made up of different parts (strength, stamina, speed, flexibility). The heart is a muscle that gets stronger with cardio exercise. The difference between warming up and cooling down. How to hold a racket to maximise control.	Being 'fit' isn't just about being a good runner. Understanding that everyone has different fitness strengths. Your body sends you signals when you exercise. Recognising breathlessness, increased heart rate, and muscle fatigue as positive signs of effort).
Subject-Specific Vocabulary	Reading Opportunities
Health, Fitness, Stamina, Strength, Speed, Flexibility, Heart Rate, Pulse, Warm-up, Cool-down, Serve, Rally, Grip.	Reading an exercise station card in a circuit. Following a written description of how to perform a fitness test. Reading their own scores from a results table.
Possible Misconceptions	Cross-Curricular Links
Fitness testing is about beating everyone else. (Competition vs. Personal Best). Lifting heavy weights is the only way to get strong. (Bodyweight exercises). If I'm out of breath, I should stop immediately. (Effort vs. Danger).	Science (Biology): The circulatory system, muscles, breathing. Maths: Recording and comparing data (scores, times, distances). Graphing results. PSHE: Healthy lifestyles, making positive choices for your body.