

LEARNING AWAY – INTEGRATED CURRICULUM PLAN

SCHOOL: Canterbury High School **RESIDENTIAL VENUE:** Hampton Court Palace
SUBJECT: GCSE PE **COHORT:** Year 10

CONTEXT

Students are working in and around Henry VIII's home, seat of power and 'nerve centre'. We are using the history of the palace to inform our understanding of the need for fitness.

It looks like there is a battle coming; we need to prepare our army to fight. We must make sure they are as fit as possible, as the battle looks long and arduous. We'll explore the six components of fitness and look at how to train and test our levels of fitness, ready for battle.

PE content for BTEC outcome: External exam - Components of Fitness

LESSON 1: ARE YOU READY FOR BATTLE?

It looks like there is a battle coming; we need to prepare our army to fight. We must make sure they are as fit as possible, as the battle looks long and arduous.

- What are the six components of fitness we need to focus on?
- How are we going to train?
- How will we test our levels of fitness at the start and before the battle?

Students should make posters by matching up components of fitness with their definition and highlighting the appropriate fitness test for each.

- Max 18 marks

Location: Can be completed on the field if the weather is good enough; indoors in one of the classroom bases if it's not.

LESSON 2: LET'S GET TRAINING, THE WAR IS COMING...

Students complete a battle-training style circuit with each workout station focusing on and developing a different component of fitness. Students should record their results for each station and use the results sheet to calculate the rank they would be allocated to within the army.

- Examine the data from our own army and devise a plan to target our areas of weakness.
- Identify one component of fitness you consider to be a personal weakness and devise an activity that could be used to improve in this area.



LESSON 3 - A GOOD ARMY IS A HAPPY ARMY

Lesson led by HCP staff using the on-site Real Tennis facility.

Even in the army, soldiers are given leisure time to rest and recover from intensive training. The King has invited his army to use his Real Tennis courts at Hampton Court Palace.

- Which of the six components of fitness are used in playing Real Tennis?
- Why is leisure activity important within a training programme?

LESSON 4: THE BATTLE HAS BEGUN - SURVIVAL OF THE FITTEST

The class is split into two teams / opposing armies and must have a fitness battle against one other. Competition is based on the number of reps performed on each fitness stations. Students are also given 'Chance' style cards to help them in the battle and restrict the opposition's opportunities to fight back. A prize consisting of a crown and sword will be presented to the winning team's captain.

Repeat question from Lesson 1:

- What are the six components of fitness we need to focus on?
- How are we going to train?
- How will we test our levels of fitness before the battle?

Equipment

- Cones
- Tackle bags
- Skipping ropes
- Skin fold measures
- Dumbbell free weight
- Step ladders
- A3 paper
- Glue sticks
- Components of fitness worksheets

