

East

Hills

Boys

High School

**Fitness**

**EHBHS Skills Course**

**Stage 5 Elective**

**Years 9–10**

[Aim 3](#_Toc57753561)

Aim

Fitness skills course aims to develop the knowledge and understanding of fitness that can lead to lifelong improvements in the health and well-being of an individual. It incorporates various aspects of resistance training, circuit training, fitness testing, sport-specific conditioning, and reflection and evaluation of personal fitness goals. Additionally, this course aims to develop positive attitudes and behaviours of fitness that will be

Objectives

Throughout the course of Fitness students will develop:

* knowledge and understanding of the basic principles of resistance training and participation in fitness activities
* knowledge and understanding of a range of conditioning training methods
* the ability to analyse, evaluate and reflect upon personal fitness goals

Outcomes

Table of objectives and outcomes – Knowledge and understanding

**Objective**

Students:

* develop knowledge and understanding of the basic principles of resistance training and participation in fitness activities

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| **Stage 5 Outcomes**  A student: |
| **FIT5-1**  develop an understanding of resistance training methods used to improve muscular strength, muscular endurance and flexibility |
| **FIT5-2**  develop an understanding of the basic principles of warming up and cooling down prior to training and their implication for safe participation |
| **FIT5-3**  ability to perform various exercise activities at a level that will lead to improvement in fitness |
| **FIT5-4**  engages in a range of fitness tests and endurance activities |
| **FIT5-5**  develops confidence and motivation to engage with community fitness programs and facilities |

**Objective**

Students:

* develop knowledge and understanding of a range of conditioning training methods

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| **Stage 5 Outcomes**  A student: |
| **FIT5-6**  develop an understanding of circuit training techniques and methods |
| **FIT5-7**  design, implement and participate in circuit training programs |
| **FIT5-8**  develop an understanding of sport specific conditioning drills used during training for various sports |

**Objective**

Students:

* develop the ability to analyse, evaluate and reflect upon personal fitness goals

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| **Stage 5 Outcomes**  A student: |
| **FIT5-9**  identify and assess their own health and fitness markers |
| **FIT5-10**  design, implement, and evaluate personal wellness and fitness programs |
| **FIT5-11**  outline strategies and opportunities to build and maintain lifelong fitness |
| **FIT5-12**  adhere to a structured fitness program and make appropriate adjustments to meet personal fitness goals |

Module: Circuit Training

Outcomes

**A student:**

* develop an understanding of the basic principles of warming up and cooling down prior to training and their implication for safe participation FIT5-2
* ability to perform various exercise activities at a level that will lead to improvement in fitness FIT5-3
* engages in a range of fitness tests and endurance activities FIT5-4
* develops confidence and motivation to engage with community fitness programs and facilities FIT5-5
* develop an understanding of circuit training techniques and methods FIT5-6
* design, implement and participate in circuit training programs FIT5-7
* identify and assess their own health and fitness markers FIT5-9
* design, implement, and evaluate personal wellness and fitness programs FIT5-10

Content overview

This module will introduce students to circuit training methods and techniques. This module aims to develop and build their level of fitness within participation of circuit programs. Students will develop the knowledge and understanding to design and implement circuit training programs. Students will also have the opportunity to experience circuit training facilities within the local area.

Content

Students:

* engage in fitness tests; 10 minute run, beep test, plank hold, push ups, chin ups, sit ups and vertical jump
* participate in various circuit training sessions
* participate in various HIIT circuit sessions
* design circuit program and instruct peers through a session

Module: Resistance Training I

Outcomes

**A student:**

* develop an understanding of resistance training methods used to improve muscular strength, muscular endurance and flexibility FIT5-1
* develop an understanding of the basic principles of warming up and cooling down prior to training and their implication for safe participation FIT5-2
* ability to perform various exercise activities at a level that will lead to improvement in fitness FIT5-3
* engages in a range of fitness tests and endurance activities FIT5-4
* identify and assess their own health and fitness markers FIT5-9
* design, implement, and evaluate personal wellness and fitness programs FIT5-10
* outline strategies and opportunities to build and maintain lifelong fitness FIT5-11
* adhere to a structured fitness program and make appropriate adjustments to meet personal fitness goals 5-12

Content overview

This module will introduce students to the basics of resistance training. This module aims to develop and build their level of fitness through participation of resistance training sessions. Students will develop the knowledge and understanding to design and implement fitness programs.

Content

Students:

* engage in fitness tests; 10 minute run, beep test, plank hold, push ups, chin ups, sit ups and vertical jump
* explore various warm up and cool down methods and understand their benefits
* engage in the basic training methods; muscular endurance, muscular power, hypertrophy
* explore the different equipment available for training
* assess personal fitness goals and design a program accordingly
* evaluate and reflect upon their development in fitness and make appropriate adjustments for improvement

Module: Resistance Training II

Outcomes

**A student:**

* develop an understanding of resistance training methods used to improve muscular strength, muscular endurance and flexibility FIT5-1
* develop an understanding of the basic principles of warming up and cooling down prior to training and their implication for safe participation FIT5-2
* ability to perform various exercise activities at a level that will lead to improvement in fitness FIT5-3
* engages in a range of fitness tests and endurance activities FIT5-4
* identify and assess their own health and fitness markers FIT5-9
* design, implement, and evaluate personal wellness and fitness programs FIT5-10
* outline strategies and opportunities to build and maintain lifelong fitness FIT5-11
* adhere to a structured fitness program and make appropriate adjustments to meet personal fitness goals 5-12

Content overview

This module will develop upon the foundations created in Resistance Training I. Students will further develop and build their level of fitness through participation of resistance training sessions, specifically, implementing techniques and training methods with a greater level of difficulty. Students will further develop greater knowledge and understanding to design and implement effective and efficient fitness programs.

Content

Students:

* engage in fitness tests; 10 minute run, beep test, plank hold, push ups, chin ups, sit ups and vertical jump
* will train at a level of greater intensity, implementing techniques and training methods of various super sets, drop sets, time under tension, every minute on the minute etc.
* reassess personal fitness goals and design a program accordingly
* evaluate and reflect upon their development in fitness and make appropriate adjustments for improvement

Module: Sport Specific Conditioning

Outcomes

**A student:**

* ability to perform various exercise activities at a level that will lead to improvement in fitness FIT5-3
* engages in a range of fitness tests and endurance activities FIT5-4
* develop an understanding of sport specific conditioning drills used during training for various sports FIT5-8
* identify and assess their own health and fitness markers FIT5-9
* outline strategies and opportunities to build and maintain lifelong fitness FIT5-11

Content overview

This module introduce students to sport specific conditioning drills. Students will explore conditioning drills applied within sports such as Soccer, Touch Football and Basketball. Students will develop knowledge and understanding of how these conditioning drills are beneficial in improving fitness of sports players. Additionally, students will engage in these sports to deepen their understanding of how these conditioning drills can improve performance.

Content

Students:

* engage in fitness tests; 10 minute run, beep test, plank hold, push ups, chin ups, sit ups and vertical jump
* engage in a range of conditioning drills specific to Soccer, Touch Football and Basketball
* participate in a range of sports; Soccer, Touch Football, Basketball
* evaluate and reflect upon their development in fitness and make appropriate adjustments for improvement