



PE learning journey

Fitness

Year 8

Half term 3

Core knowledge	Reference number
Recap on year 7 core knowledge	
Know the key short and long term effects of exercise	Coaching card 1
Know some of the methods of training (continuous, interval, fartlek and circuit)	Coaching card 2
Know how to take your heart rate	Coaching card 3

Learning Checkpoints

Fitness practical assessment	
Knowing key fitness information and performing different fitness skills correctly	Self and peer assessment, video analysis, teacher feedback, questioning

Key Vocabulary	
Long term effects Short term effects Continuous Interval	Fartlek Circuit Heart Rate