

Key stage 3 programme of Fitness & Nutrition

Year 7		Year 8		Year 9	
Topic	Practical element	Topic	Practical element	Topic	Practical element
Kitchen induction - Health and safety checks	Equipment run through for rotation Home exercise routine	Kitchen induction - Health and safety checks Identifying different cooking methods	Equipment run through for rotation Home exercise routine	Kitchen induction - Health and safety checks	Equipment run through for rotation Home exercise routine
Main meal – healthier swops	Turkey & Apple burgers	How do we increase nutritional value?	Cooking Flapjacks	Looking at in depth balanced diet? Food nutrients Athlete's diet and healthy alternatives	Looking at the different types of cookers
Looking into the terms 'input' & 'output'	Home exercise routine – student ideas	Exercise & Nutrition – Governments recommendations diet and exercise	Planning a healthy lunch using the set ingredients - Looking into nutritional values	Meal plans around timing - blood shunting. Factors affecting optimum weight. Effects of unbalanced diet and key terms	Circuit training using only bodyweight
Main meal – healthier swops	Pitta pizzas	Making a healthy lunch	Seasoned chicken wraps - Exploring spices and herbs, discovering new flavours	Healthy snacks, alternatives to traditional	Beetroot chocolate brownies. Healthier alternatives for snacks

Looking at what is a balanced diet? - Macronutrients	Boxercise fitness	Looking into what can happen if you have an unhealthy lifestyle? (Health)	Home exercise routine	Looking at how food impacts the bodies development.	Student led circuits – devising exercises for the home
Looking at how to balance between different food groups	Vintage cookies	Looking into working out nutritional values of a meal	Making bread, kneading technique vary flavour through use of cheese and herbs	Why is it important to think about meal planning (three meals a day)	Designing a healthy breakfast
Eating disorders	Just dance fitness	Planning a lunch event for a variety of customers – dietary requirements	Looking at different food groups	Healthier breakfasts at home	Making a variety of pancakes.
Starter – healthier swops	Nachos	Identifying and reviewing the different jobs within a catering event	Playground games	Looking at unbalanced diets and the effects they can have on our bodies The effects of social, mental and physical factors have on health	Group games
Looking into what nutritional values mean	Student led fitness routines - in small groups	Traditional cooking	Producing a Fruit cake with a higher nutritional value than standard	Traditional cooking with a twist	Carrot cake
Breakfast ideas	Cooking eggs in different ways – boiled, scrambled, poached,	Dietary deficiencies	Fruit kebabs and dips	Traditional cooking with a twist	Banana muffins