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| **Year 7** | |
| **Aut 1 – Warm up and Cool Down** | |
| Week 1 | Pulse Raiser – definition and example |
| Week 2 | Mobility – definition and example |
| Week 3 | Static and dynamic stretches – definition and example |
| Week 4 | Skill rehearsal – definition and example |
| Week 5 | Low intensity exercise and stretches – cool down – definition and example |
| Week 6 | Benefits of each component |
| **Aut 2 – Muscles** | |
| Week 1 | Quadriceps & Hamstrings – location |
| Week 2 | Biceps & Triceps – location |
| Week 3 | Antagonistic Pairs – description |
| Week 4 | Deltoid & Trapezius – location |
| Week 5 | Latissimus Dorsi & Abdominals – location |
| Week 6 | Gastrocnemius & Gluteals – location |
| **Spr 1 – Components of fitness** | |
| Week 1 | Cardiovascular endurance – definition |
| Week 2 | Muscular endurance – definition |
| Week 3 | Speed & Strength – definition |
| Week 4 | Power & Flexibility – definition |
| Week 5 | Agility & Balance – definition |
| Week 6 | Co-ordination & Reaction Time – definition |
| **Spr 2 – Location of bones** | |
| Week 1 | Cranium, Vertebrae, Ribs, Sternum - location |
| Week 2 | Clavicle, Scapula, Pelvis, Humerus – location |
| Week 3 | Ulna, Radius, Carpals, Metacarpals, Phalanges – location |
| Week 4 | Femur, Patella, Tibia, Fibula – location |
| Week 5 | Tarsals, Metatarsals, Phalanges – location |
| Week 6 | Revise all locations |
| **Sum 1 – Joints and movement at joints** | |
| Week 1 | Hinge Joints – Elbow and Knee |
| Week 2 | Ball and Socket Joints – Hip and Shoulder |
| Week 3 | Pivot Joint – Neck |
| Week 4 | Flexion and Extension – elbow and knee |
| Week 5 | Abduction and Adduction – hip and shoulder |
| Week 6 | Rotation and Circumduction – neck, shoulder |
| **Sum 2 – Functions of the skeletal system** | |
| Week 1 | Movement – description and example |
| Week 2 | Support/Posture – description and example |
| Week 3 | Protection – description and example |
| Week 4 | Blood cell production – description and example |
| Week 5 | Mineral storage – description and example |
| Week 6 | Revise all functions |

**Bishop Rawstorne Church of England Academy**

**PE Theory Do Now Overview**

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| **Year 8** | |
| **Aut 1 – Components of Fitness** | |
| Week 1 | Cardiovascular endurance – definition |
| Week 2 | Muscular endurance – definition |
| Week 3 | Speed & Strength – definition |
| Week 4 | Power & Flexibility – definition |
| Week 5 | Agility & Balance – definition |
| Week 6 | Co-ordination & Reaction Time – definition |
| **Aut 2 – Muscles and Movement** | |
| Week 1 | All 11 muscles and their location |
| Week 2 | Quadriceps and Hamstrings as an antagonistic pair |
| Week 3 | Biceps and Triceps as an antagonistic pair |
| Week 4 | Fixators |
| Week 5 | Sporting examples of where each muscle group is used |
| Week 6 | Revise all content |
| **Spr 1 – Location of bones recap** | |
| Week 1 | Cranium, Vertebrae, Ribs, Sternum - location |
| Week 2 | Clavicle, Scapula, Pelvis, Humerus – location |
| Week 3 | Ulna, Radius, Carpals, Metacarpals, Phalanges – location |
| Week 4 | Femur, Patella, Tibia, Fibula – location |
| Week 5 | Tarsals, Metatarsals, Phalanges – location |
| Week 6 | Revise all locations |
| **Spr 2 – Joints and movement at joints recap** | |
| Week 1 | Hinge Joints – Elbow and Knee |
| Week 2 | Ball and Socket Joints – Hip and Shoulder |
| Week 3 | Pivot Joint – Neck |
| Week 4 | Flexion and Extension – elbow and knee |
| Week 5 | Abduction and Adduction – hip and shoulder |
| Week 6 | Rotation and Circumduction – neck, shoulder |
| **Sum 1 – Short Term Effects of Exercise** | |
| Week 1 | Heart Rate – definition and effect (increases) |
| Week 2 | Stroke Volume – definition and effect (increases) |
| Week 3 | Cardiac Output – definition and effect (increases) |
| Week 4 | Body temperature – effect (increases) |
| Week 5 | Lactic acid production |
| Week 6 | Oxygen to the working muscles |
| **Sum 2 – Principles of Training** | |
| Week 1 | Specificity – definition and example |
| Week 2 | Progression – definition and example including FITT |
| Week 3 | Overload – definition and example |
| Week 4 | Reversibility – definition and example |
| Week 5 | Applying principles to yourself |
| Week 6 | Applying principles to an athlete |