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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 |