

PE – KS3 Curriculum Summary (2023-2024)



	Autumn	Spring	Summer
Year 7	<p>Benefits of a warm up</p> <p>Stages of a warm up</p> <ul style="list-style-type: none"> • Pulse raiser • Stretching • Drill/skill specific • Mental prep <p>Effects of exercise</p> <p>Definition of health</p> <p>The difference between aerobic and anaerobic</p> <p>Immediate</p> <ul style="list-style-type: none"> • Heart rate • Breathing rate • Body temperature • Skin colour <p>Short-term effects</p> <ul style="list-style-type: none"> • Fatigue • Nausea • Muscle cramps <p>Basic core skills in: Indoor Athletics / Netball / Games / Dance / Gymnastics</p>	<p>Movement analysis</p> <p>Functions of the skeleton</p> <ul style="list-style-type: none"> • Protection • Movement • Support • Blood production <p>Names and locations of major bones and muscles within the arms and legs</p> <ul style="list-style-type: none"> • Biceps/triceps • Radius/humerous/ulna • Hamstring/Quadriceps/Gastrocnemius • Femur/tibia/fibula <p>Basic core skills in: Indoor Athletics / Netball / Games / Dance / Gymnastics</p>	<p>Healthy lifestyles</p> <ul style="list-style-type: none"> • Sedentary lifestyle • Consequences of a sedentary lifestyle <p>Basic first aid</p> <p>Preventing Injury/identifying risks e.g. appropriate footwear, clothing etc</p> <p>outcome: to be able to identify ways to prevent injury</p> <p>CONSOLIDATION, REVISION AND EXAMINATIONS Know, apply and understand</p> <p>Basic core skills in: Cricket / Rounders / Tennis / Athletics</p>

<p>Year 8</p>	<p>Components of fitness and how to test</p> <ul style="list-style-type: none"> • Speed – 10m sprint • Agility - Illinois • Coordination - wall toss • Cardiovascular fitness – Cooper run/bleep • Balance - stork • Flexibility – sit and reach • Reaction time – ruler drop • Power – Sargent jump/standing long jump • Muscular strength – hand grip <p>Effects of exercise</p> <p>The difference between aerobic and anaerobic to include lactic acid and DOMS</p> <p>Immediate and short as year 7</p> <p>Long term</p> <ul style="list-style-type: none"> • Hypertrophy • Bradycardia • Changes to physical/mental well being <p>Moderate core skills in: Multi Skills / Netball / Games / Dance / Gymnastics</p>	<p>Movement analysis</p> <ul style="list-style-type: none"> • Bones and muscles • Arm as year 7 and to include: • Clavicle/scapula • Sternum/ribs • Carpals/metacarpals/phalanges • Leg as year 7 and to include: <ul style="list-style-type: none"> • pelvis • Patella • Tarsals/metatarsals <p>How muscles work in antagonistic pairs</p> <ul style="list-style-type: none"> • Hamstring and quadriceps • Bicep and triceps • Connective tissues – tendons/ligaments <p>Types of joints</p> <ul style="list-style-type: none"> • Hinge – elbow/knee • Ball and socket – shoulder/hip <p>Healthy lifestyles</p> <ul style="list-style-type: none"> • Body types – ectomorph/endomorph/mesomorph • Components of a balanced diet <p>Moderate core skills in: Multi Skills / Netball / Games / Dance / Gymnastics</p>	<p>First aid</p> <p>PRICE</p> <p>Soft tissue injuries</p> <p>Outcomes: to know how to treat soft tissue injuries</p> <p>CONSOLIDATION, REVISION AND EXAMINATIONS Know, apply and understand</p> <p>Moderate core skills in: Cricket / Rounders / Tennis / Athletics</p>
----------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Year 9	<p>Training methods</p> <ul style="list-style-type: none"> • Interval • Continuous • Fartlek • Circuit <p>Components of fitness:</p> <ul style="list-style-type: none"> • Review of fitness components/linking to training methods • Speed • Agility • Coordination • Cardiovascular fitness • Balance • Flexibility • Reaction time • Power • Muscular strength – explosive/static/dynamic <p>Identifying (own) strengths and weaknesses of the components and how they could improve them</p> <p>Effects of exercise The difference between aerobic and anaerobic to include EPOC</p> <p>Advanced core skills in: Basketball / Netball / Games / Dance / Fitness / Trampolining</p>	<p>Movement analysis</p> <ul style="list-style-type: none"> • Review of basic movement actions • Flexion/extension/adduction/adduction/rotation/plantar-flexion/dorsi-flexion • planes and axis <p>Outcome: be able to describe movements giving examples of rotation</p> <p>Healthy lifestyles</p> <ul style="list-style-type: none"> • Diet and nutrition • Sport specific diets • Community links <p>Outcomes: will be able to like diets to particular sports e.g. protein for weight lifters</p> <p>Advanced core skills in: Basketball / Netball / Games / Dance / Fitness / Trampolining</p>	<p>First aid Recovery position fractures</p> <p>Outcome: to be able to apply the recovery position & know how to support fractures</p> <p>CONSOLIDATION, REVISION AND EXAMINATIONS Know, apply and understand</p> <p>Advanced core skills in: Cricket / Rounders / Tennis / Athletics</p>
--------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------