

PE Theory 2023-2024

	YEAR 7	YEAR 8	YEAR 9	YEAR 10	YEAR 11	YEAR 12	YEAR 13
TERM 1		х	х	GCSE PE	GCSE	Ctec Sport	Ctec Sport
	x			Understand the		Unit 2: Sports	Unit 12: Nutrition
				following topics and	Immediate, short	Coaching unit	What a 'balanced
				applying into a	an long term	students develop	diet' as well as the
				practical element	effects of exercise.	communication and	principles behind it,
					-Effects on the body	leadership skills and	the relationship
				Health and skill	-how it recovers	gain the knowledge	between energy
				related fitness		of how to structure	intake and energy
				- agility	Physical, emotional	and deliver sessions	expenditure and
				-Coordination	and social well	whilst gaining an	how this changes
				-Speed	being	understanding of	depending on the
				-Cardiovascular	- benefits of	the theory behind	sport or physical
				-Reaction time	exercise for each	the process	activity taking place
				-Balance	aspect using		and the importance
				-Flexibility	different sports	Unit 1:Anatomy and	of hydration for
					-Sedentary lifestyle	Physiology gain an	performance
				Methods of	how it can be	understanding of	
				training	caused and impact	the structures and	Unit 3: Sport
				- Circuit,	on someone	functions of the key	Organisation
				Continuous,		body systems, how	develop skills in
				-Interval	Obesity	these support and	planning,
				-Fartlek	-Define the term	impact	promoting and
				-Static stretching	-Different nutrients	performance in	delivering a sports



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		-Weight	-how obesity	sport and physical	event; with a focus
		Plyometric	impacts sport	activity and the	primarily on your
			performance	effects that physical	individual role as
		Warm ups	-energy	activity, training	well as working as
		-phases	-energy balance	and lifestyle can	part of a team and
		Reasons for each		have on them	reflecting on your
		stage	<u>Guidance</u>		input and future
			Visual, Verbal,		personal
		<u>Muscles</u>	Mechanical and		development
		Naming the	Manuel		
		different muscles			Unit 11: Sport for
					Specific groups
		Bones	Feedback		develop a
		-Naming the	-Positive		knowledge and
		different bones in	-Negative		understanding of
		the body	-Knowledge of		the different
		,	results		groups of
			-Knowledge of		individuals who
			performance		would benefit
			-Extrinsic		physiologically,
			Intrinsic		psychologically and
			THE HISTO		sociologically from
			Information		participating in
			processing		physical activity
					, ,
			-Input		and why these
			-Decision making		particular groups
			-Output		are targeted by
			-Feedback		initiatives.
			Classification of		
			<u>skill</u>		



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				-Basic		
				-Complex		
				-Self-paced		
				Gross		
				Sport Studies		
				Theory		
				R184:		
				Contemporary		
				issues in sport		
				understand a range		
				of topical and		
				contemporary		
				issues in sport,		
				including learning		
				about participation		
				levels and barriers		
				to completing		
				sporting activities		
TERM 2			GCSE PE	GCSE PE	Ctoo Smout	Ctec Sport
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			Duinainlas af	The week way.	Unit 2: Sports	Unit 3: Sport
			Principles of	The recovery	Coaching unit	Organisation
			training - Sport	process	students develop	develop skills in
			-Specific	-cool down	communication and	planning,
			-Progression	-diets	leadership skills and	promoting and
			- Overload	-ice baths	gain the knowledge	delivering a sports
			-Reversibility	-massages	of how to structure	event; with a focus
			-Tedium		and deliver sessions	primarily on your
				Types of levers	whilst gaining an	individual role as
			Altitude training	-1 st	understanding of	well as working as



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		- what		-2 nd	the theory behind	part of a team and
		-sports	s it associates	-3 rd	the process	reflecting on your
		to				input and future
				<u>Arousal</u>	Unit 1: Anatomy	personal
		Consid	deration of	-Inverted U theory	and Physiology gain	development
		injury		-Gross and fine	an understanding of	
		-Preca	utions to be	motor skill and	the structures and	Unit 11: Sport for
		taken t	to prevent	impact on sports	functions of the key	Specific groups
		injury		-Methods to control	body systems, how	develop a
				arousal	these support and	knowledge and
		Trainir	ng thresholds		impact	understanding of
			_	Aggression	performance in	the different
		age		-define it	sport and physical	groups of
		-60-80)% aerobic	-how it impacts	activity and the	individuals who
		-80-10	00% anaerobic	sports	effects that physical	would benefit
					activity, training	physiologically,
		Trainir	ng season	Personality types	and lifestyle can	psychologically and
		-Pre		-Introvert	have on them	sociologically from
		-Peak		-Extrovert		participating in
		-Post				physical activity
		-trainir	ng for	Motivation		and why these
		athlete	J	-Define what it is		particular groups
				-Extrinsic and		are targeted by
		Health		intrinsic		initiatives.
		- differ				
				Types of goals		
		betwee		-Performance and		
				outcome goals		
				outcome goals		
				SMART targets		
1				SIVIANT LAIGELS		
				I		



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					Sport Studies		
					<u>Theory</u>		
					R184:		
					Contemporary		
					issues in sport		
					understand a range		
					of topical and		
					contemporary		
					issues in sport,		
					including learning		
					about participation		
					levels and barriers		
					to completing		
					sporting activities		
TERM 3	х	х	х	GCSE PE	GCSE PE	Ctec Sport	Ctec Sport
					Social groups	Unit 2: Sports	Unit 17: Sport
				Muscles	- Gender	Coaching unit	injuries how to
				-Recap bones	-Ethnicity	students develop	recognise and treat
				-Recap bones	-Age	communication and	common sports
				-Types of joints	-Family	leadership skills and	injuries both
				-Movement-	-Friends	gain the knowledge	immediately and
				flexion, extension,		of how to structure	through long-term
				rotation, adduction,	Commercialisation	and deliver sessions	rehabilitation
				abduction	-Internet	whilst gaining an	programmes, the
				- agonist and	-Broadcast	understanding of	possible
				antagonist	-Print media	the theory behind	psychological
				- Types of joint	-Outdoor	the process	impacts of sports
				-Types of			injuries and how to
				movement	Sponsorship	Unit 1: Anatomy	minimise the risk of
					-Define it	and Physiology gain	sports injuries



	-How we can get it	an understanding of	occurring in the
Somatotypes	and support sports	the structures and	first instance
<u>Somatotypes</u>	and support sports		iirst instance
-ectomorph		functions of the key	
Mesomorph	Technology	body systems, how	
Endomorph	-How it can be used	these support and	
Sports for each	in PE	impact	
	-How it can be sued	performance in	
	in sport	sport and physical	
		activity and the	
	Ethical Conduct	effects that physical	
	-Etiquette	activity, training	
	-Sportsmanship	and lifestyle can	
	-Gamesmanship	have on them	
	PED's		
	-Stimulants		
	-Narcotic Analgesics		
	-Anabolic Agents		
	-Peptide Hormone		
	-Diuretics		
	-Blood doping		
	-Beta blockers		
	Deta bioekers		
	Spectator		
	<u>behaviour</u>		
	-Positive and		
	negatives of having		
	spectators		
	Sport Studies		
	<u>Theory</u>		



TERM 4	X	x	X	GCSE PE Coursework covering identification of strengths and weakness on 1 of their sports with an action plan on how to improve it.	R184: Contemporary issues in sport understand a range of topical and contemporary issues in sport, including learning about participation levels and barriers to completing sporting activities Sport Studies Theory R184: Contemporary issues in sport understand a range of topical and contemporary issues in sport, including learning about participation levels and barriers to completing sporting activities	Ctec Sport Unit 2: Sports Coaching unit students develop communication and leadership skills and gain the knowledge of how to structure and deliver sessions whilst gaining an understanding of the theory behind the process Unit 1: Anatomy and Physiology gain	Ctec Sport Unit 17: Sport injuries how to recognise and treat common sports injuries both immediately and through long-term rehabilitation programmes, the possible psychological impacts of sports injuries and how to minimise the risk of sports injuries
						and Physiology gain an understanding of the structures and	sports injuries occurring in the first instance



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						functions of the key	
						body systems, how	
						these support and	
						impact	
						performance in	
						sport and physical	
						activity and the	
						effects that physical	
						activity, training	
						and lifestyle can	
						have on them	
TERM 5	х	х	х	GCSE PE	Re-sit opportunity	Ctec Sport	N/A
					for:	Unit 12: Nutrition	
				The respiratory	R184:	What a 'balanced	
				system	Contemporary	diet' as well as the	
				- label the lungs	Issues in Sport	principles behind it,	
				and elements		the relationship	
				-Gaseous exchange		between energy	
				Understanding		intake and energy	
				components		expenditure and	
				-Mechanics of		how this changes	
				breathing		depending on the	
				-Cardiovascular		sport or physical	
				system and		activity taking place	
				distribution of		and the importance	
				blood		of hydration for	
				-Pathway of blood		performance	
				-Aerobic and		•	
				anaerobic exercise			

