

## PE Theory 2023-2024

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



				<p>-Weight Plyometric</p> <p><b><u>Warm ups</u></b> -phases Reasons for each stage</p> <p><b><u>Muscles</u></b> Naming the different muscles</p> <p><b><u>Bones</u></b> -Naming the different bones in the body</p>	<p>-how obesity impacts sport performance -energy -energy balance</p> <p><b><u>Guidance</u></b> Visual, Verbal, Mechanical and Manuel</p> <p><b><u>Feedback</u></b> -Positive -Negative -Knowledge of results -Knowledge of performance -Extrinsic Intrinsic</p> <p><b><u>Information processing</u></b> -Input -Decision making -Output -Feedback</p> <p><b><u>Classification of skill</u></b></p>	<p>sport and physical activity and the effects that physical activity, training and lifestyle can have on them</p>	<p>event; with a focus primarily on your individual role as well as working as part of a team and reflecting on your input and future personal development</p> <p><b>Unit 11: Sport for Specific groups</b> develop a knowledge and understanding of the different groups of individuals who would benefit physiologically, psychologically and sociologically from participating in physical activity and why these particular groups are targeted by initiatives.</p>
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					<ul style="list-style-type: none"> <li>-Basic</li> <li>-Complex</li> <li>-Self-paced</li> <li>Gross</li> </ul> <p><b><u>Sport Studies</u></b></p> <p><b><u>Theory</u></b></p> <p><b>R184:</b>  <b>Contemporary issues in sport</b>                      understand a range of topical and contemporary issues in sport, including learning about participation levels and barriers to completing sporting activities</p>		
<b>TERM 2</b>				<p><b><u>GCSE PE</u></b></p> <p><b><u>Principles of training - Sport</u></b></p> <ul style="list-style-type: none"> <li>-Specific</li> <li>-Progression</li> <li>- Overload</li> <li>-Reversibility</li> <li>-Tedium</li> </ul> <p><b><u>Altitude training</u></b></p>	<p><b><u>GCSE PE</u></b></p> <p><b><u>The recovery process</u></b></p> <ul style="list-style-type: none"> <li>-cool down</li> <li>-diets</li> <li>-ice baths</li> <li>-massages</li> </ul> <p><b><u>Types of levers</u></b></p> <p>-1<sup>st</sup></p>	<p><b><u>Ctec Sport</u></b></p> <p><b>Unit 2: Sports Coaching</b> unit                      students develop communication and leadership skills and gain the knowledge of how to structure and deliver sessions whilst gaining an understanding of</p>	<p><b><u>Ctec Sport</u></b></p> <p><b>Unit 3: Sport Organisation</b>                      develop skills in planning, promoting and delivering a sports event; with a focus primarily on your individual role as well as working as</p>



				<p>- what it is -sports it associates to</p> <p><b><u>Consideration of injury</u></b> -Precautions to be taken to prevent injury</p> <p><b><u>Training thresholds</u></b> - Heart rate 220-age -60-80% aerobic -80-100% anaerobic</p> <p><b><u>Training season</u></b> -Pre -Peak -Post -training for athletes</p> <p><b><u>Health and fitness</u></b> - difference between them</p>	<p>-2<sup>nd</sup> -3<sup>rd</sup></p> <p><b><u>Arousal</u></b> -Inverted U theory -Gross and fine motor skill and impact on sports -Methods to control arousal</p> <p><b><u>Aggression</u></b> -define it -how it impacts sports</p> <p><b><u>Personality types</u></b> -Introvert -Extrovert</p> <p><b><u>Motivation</u></b> -Define what it is -Extrinsic and intrinsic</p> <p><b><u>Types of goals</u></b> -Performance and outcome goals</p> <p><b><u>SMART targets</u></b></p>	<p>the theory behind the process</p> <p><b>Unit 1: Anatomy and Physiology</b> gain an understanding of the structures and 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</p>	<p>part of a team and reflecting on your input and future personal development</p> <p><b>Unit 11: Sport for Specific groups</b> develop a knowledge and understanding of the different groups of individuals who would benefit physiologically, psychologically and sociologically from participating in physical activity and why these particular groups are targeted by initiatives.</p>
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					<p><b>Sport Studies Theory</b>  <b>R184:</b>  <b>Contemporary issues in sport</b>                      understand a range of topical and contemporary issues in sport, including learning about participation levels and barriers to completing sporting activities</p>		
<p><b>TERM 3</b></p>	x	x	x	<p><b>GCSE PE</b></p> <p><b>Muscles</b>                      -Recap bones                      -Recap bones                      -Types of joints                      -Movement- flexion, extension, rotation, adduction, abduction                      - agonist and antagonist                      - Types of joint                      -Types of movement</p>	<p><b>GCSE PE Social groups</b>                      - Gender                      -Ethnicity                      -Age                      -Family                      -Friends</p> <p><b>Commercialisation</b>                      -Internet                      -Broadcast                      -Print media                      -Outdoor</p> <p><b>Sponsorship</b>                      -Define it</p>	<p><b>Ctec Sport Unit 2: Sports Coaching</b> 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</p> <p><b>Unit 1: Anatomy and Physiology</b> gain</p>	<p><b>Ctec Sport Unit 17: Sport injuries</b> 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</p>



				<p><b><u>Somatotypes</u></b>                  -ectomorph                  Mesomorph                  Endomorph                  Sports for each</p>	<p>-How we can get it and support sports</p> <p><b><u>Technology</u></b>                  -How it can be used in PE                  -How it can be used in sport</p> <p><b><u>Ethical Conduct</u></b>                  -Etiquette                  -Sportsmanship                  -Gamesmanship</p> <p><b><u>PED's</u></b>                  -Stimulants                  -Narcotic Analgesics                  -Anabolic Agents                  -Peptide Hormone                  -Diuretics                  -Blood doping                  -Beta blockers</p> <p><b><u>Spectator behaviour</u></b>                  -Positive and negatives of having spectators</p> <p><b><u>Sport Studies Theory</u></b></p>	<p>an understanding of the structures and 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</p>	<p>occurring in the first instance</p>
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<b>TERM 4</b>	x	x	x	<p><b><u>GCSE PE</u></b></p> <p>Coursework covering identification of strengths and weakness on 1 of their sports with an action plan on how to improve it.</p>	<p><b><u>Sport Studies Theory</u></b>  <b>R184:</b>  <b>Contemporary issues in sport</b>                  understand a range of topical and contemporary issues in sport, including learning about participation levels and barriers to completing sporting activities</p>	<p><b><u>Ctec Sport</u></b>  <b>Unit 2: Sports Coaching</b> 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</p> <p><b>Unit 1: Anatomy and Physiology</b> gain an understanding of the structures and</p>	<p><b><u>Ctec Sport</u></b>  <b>Unit 17: Sport injuries</b> 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 occurring in the first instance</p>



						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	
<b>TERM 5</b>	x	x	x	<b><u>GCSE PE</u></b> The respiratory system - label the lungs and elements -Gaseous exchange Understanding components -Mechanics of breathing -Cardiovascular system and distribution of blood -Pathway of blood -Aerobic and anaerobic exercise	<b>Re-sit opportunity for:</b> <b>R184:</b> <b>Contemporary Issues in Sport</b>	<b><u>Ctec Sport</u></b> <b>Unit 12: Nutrition</b> What a 'balanced diet' as well as the principles behind it, the relationship between energy intake and energy expenditure and how this changes depending on the sport or physical activity taking place and the importance of hydration for performance	N/A



