



Year 7 & 8 PE Theory Specification

Student Content	What students need to learn
<p>In this topic students will develop knowledge and understanding of 5 key areas and how they impact on health, fitness and performance in physical activity and sport through the following content.</p> <p><i>Students will carry out theory specification during practical lessons</i></p>	
Topic 1 Warm up / Cool down	Year 7 The purpose and importance of warm-ups and cool downs to effective training sessions and physical activity and sport. Phases of a warm-up and their significance in preparation for physical activity and sport. Activities included in warm-ups and cool downs
	Year 8 The purpose and importance of warm-ups and cool downs to effective training sessions and physical activity and sport. Phases of a warm-up and their significance in preparation for physical activity and sport. Activities included in warm-ups and cool downs) Injuries that can occur in physical activity and sport: concussion, fractures, dislocation, sprain, torn cartilage and soft tissue injury (strain, tennis elbow, golfers elbow, abrasions) Treatment for injury: RICE (rest, ice, compression, elevation)
Topic 2 Health and Well-Being	Year 7 Consequences of not being active: Obese, increased risk of long term health issues (Heart disease, High Blood Pressure, Body Composition) Diet: The role carbohydrates for performers/players in physical activities and sports, carbohydrate loading for endurance athletes.
	Year 8 Consequences of not being active: Obese, increased risk of long term health issues (Heart disease, High Blood Pressure, Body Composition) Diet: The role carbohydrates for performers/players in physical activities and sports, carbohydrate loading for endurance athletes. The role and importance of macronutrients (carbohydrates, proteins and fats) for performers/players in physical activities and sports.



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<p>Topic 3 The Muscular System</p>	<p>Year 7</p> <p>Location of voluntary muscular system used during physical activity and sport.</p> <p>Arm - Biceps, Triceps. Core – Abdominals, Deltoid, Pectorals, Leg - Quadriceps, Hamstrings, Gastrocnemius</p> <hr/> <p>Year 8</p> <p>Location of voluntary muscular system used during physical activity and sport.</p> <p>Arm - Biceps, Triceps. Core – Abdominals, Deltoid, Pectorals, Latissimus Dorsi, Leg - Quadriceps, Hamstrings, Gastrocnemius, Hip flexors, Gluteus Maximus.</p> <p>Antagonistic pairs of muscles (agonist and antagonist) to create opposing movement at joints to allow physical activities (e.g. bicep and triceps to create flexion)</p>
<p>Topic 4 The Skeletal System</p>	<p>Year 7</p> <p>Arm - Humerus, Radius, Ulna. Leg - Femur, Tibia, Fibula, Patella. Core – Sternum, Ribs</p> <p>Movement possibilities at joints: flexion and extension</p> <hr/> <p>Year 8</p> <p>Arm - Humerus, Radius, Ulna. Leg - Femur, Tibia, Fibula, Patella. Core – Sternum, Ribs, Clavicle, Scapula, Vertebral Column Hands/Feet – Carpals/Tarsals, Metacarpals/Metatarsals Phalanges.</p> <p>Movement possibilities at joints: flexion, extension, adduction, abduction and examples of physical activity and sporting skills and techniques that utilise these movements in different sporting contexts</p>
<p>Topic 5 Fitness Training</p>	<p>Year 7</p> <p>Components of fitness</p> <p>Components of fitness and the basic importance of these components in physical activity and sport:</p> <p>Agility, Balance, Body Composition, Coordination, Cardiovascular Fitness, Flexibility, Muscular Endurance, Power, Reaction Time, Strength and speed.</p>



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Year 8

Components of fitness

Components of fitness and the basic importance of these components in physical activity and sport:

Agility, Balance, Body Composition, Coordination, Cardiovascular Fitness, Flexibility, Muscular Endurance, Power, Reaction Time, Strength and speed.

Fitness tests

The value of fitness testing, the purpose of specific fitness tests, the test protocols, the selection of the appropriate fitness test for components of fitness and the rationale for selection.

Standing Broad Jump - Power

Sit & Reach - Flexibility

12 Minute Cooper Run – Cardiovascular fitness

Alternate hand wall throw – Co-ordination

Illinois Run Test - Agility

30 Metre Sprint Test - Speed

Goal Setting

SMART TARGETS when planning a training Personal Exercise Programme

Thresholds of training

(aerobic target zone: 60–80% and anaerobic target zone: 80%–90% calculated using Karvonen formula)