

Year 7 PE

Year 7 PE	
Autumn 1	Autumn 2
Topic: Warm-up	Topic: Benefits of exercise
	<p>Benefits of exercise - NHS (www.nhs.uk)</p> <p>Exercise: The Top 10 Benefits of Regular Physical Activity (healthline.com)</p> <p>Health benefits of physical activity - emotional and physical - Health and wellbeing in sport - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize</p> <p>Benefits of sport - Health and fitness - GCSE Physical Education Revision - BBC Bitesize</p> <p>GCSE PE - Effects of exercise (slideshare.net)</p> <p>AQA The human body and movement in physical activity and sport Applied anatomy and physiology The short and long term effects of exercise</p>
	Topic: Muscles
	<p>What are skeletal muscles? - Living organisms - KS3 Biology - BBC Bitesize - BBC Bitesize</p> <p>Muscles - Skeletal and muscular systems - 3rd level Science Revision - BBC Bitesize</p> <p>Muscle types - Muscles and movement - GCSE Physical Education Revision - BBC Bitesize</p>

		How do your muscles work? - BBC Bitesize The muscular-skeletal system - Skeletal system - AQA - GCSE Physical Education Revision - AQA - BBC Bitesize
	Topic: Nutrition	Topic: Methods of training and components of fitness
Summer	The Importance of Nutrition in Sports • IINH Nutrition for sports and exercise - British Nutrition Foundation Nutrition - GCSE Biology Revision - XtremePapers Advancing knowledge is in our DNA Nutrition, digestion and excretion - GCSE Biology (Single Science) Revision - BBC Bitesize Nutrition and health - GCSE Home Economics: Food and Nutrition (CCEA) Revision - BBC Bitesize School children (4 to 11 years old) - Nutrition and life stages – CCEA - GCSE Home Economics: Food and Nutrition (CCEA) Revision - BBC Bitesize	The 11 components of fitness - Keeping fit and healthy through sports - Edexcel - GCSE Physical Education Revision - Edexcel - BBC Bitesize The 11 Key Components of Fitness Halsbury Sport Fitness Factors: 5 Important Components of Fitness (verywellfit.com) 11 Components of Fitness: Health & Skill-Related (origympersonaltrainercourses.co.uk) Methods of training - Principles and methods of training - GCSE Physical Education Revision - BBC Bitesize The effects of the warm up and cool down process - Methods and effects of training - Edexcel - GCSE Physical Education Revision - Edexcel - BBC Bitesize Training Methods & Types Of Training - TeachPE.com

Year 8 PE

	Autumn 1	Autumn 2
Autumn	Topic: Warm-up	Topic: Musculoskeletal system
	The 3 Phases of Your Warm-Up and Why They're Important Wellview (wellviewhealth.com)	Muscular-skeletal system - Skeletal system - Eduqas - GCSE Physical Education Revision - Eduqas - BBC Bitesize
	The 3-Phase Warm-up for Improved Performance & Decreased Risk of Injury - BoxLife Magazine	The Musculoskeletal System and Disease (verywellhealth.com)
	The effects of the warm up and cool down process - Methods and effects of training - Edexcel - GCSE Physical Education Revision - Edexcel - BBC Bitesize	Sample_ch04_final.pdf (pearson.com)
	GCSE PE Warm Up Flashcards Quizlet	GCSE PE Quizzes - Musculoskeletal System - TeachPE.com
Warming up - mentally and physically - Mental preparation - Edexcel - GCSE Physical Education Revision - Edexcel - BBC Bitesize	AQA The human body and movement in physical activity and sport Applied anatomy and physiology The structure and functions of the musculoskeletal system	
	Structure of the skeletal system - Skeletal system - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize	
Spring	Topic: Short and long term effects of exercise	Topic: Health and fitness/classification of skill
	Short term effects of exercise on the body systems - Long and short term effects of exercise - Eduqas - GCSE Physical Education Revision - Eduqas - BBC Bitesize	Health, fitness and exercise - Keeping fit and healthy - AQA - GCSE Physical Education Revision - AQA - BBC Bitesize
	Effects Of Exercise On The Body - Short & Long Term - TeachPE.com	Health and fitness gcse-revision, pe-physical-education, health-fitness-and-performance, health-and-fitness Revision World
	Short Term Effects of Exercise on the Body Systems (azcentral.com)	Health, fitness and well-being - GCSE Physical Education Revision - AQA - BBC Bitesize
	Short term effects of exercise (24 – 36 hours after) - Immediate, short and long term effects of exercise - AQA - GCSE Physical Education Revision - AQA - BBC Bitesize	Benefits of sport - Health and fitness - GCSE Physical Education Revision - BBC Bitesize
Immediate effects-of-exercise (slideshare.net)		

		Characteristics of a skilled performance - Classification of skill - WJEC - GCSE Physical Education Revision - WJEC - BBC Bitesize Skill Classification - The PE Classroom
Summer	Topic: Nutrition/types of training	Topic: Principles of training/training thresholds
	The different methods of training - Methods and effects of training - Edexcel - GCSE Physical Education Revision - Edexcel - BBC Bitesize	Methods of training - Principles and methods of training - GCSE Physical Education Revision - BBC Bitesize
	Different methods of sport training - Methods and effects of training - AQA - GCSE Physical Education Revision - AQA - BBC Bitesize	The different methods of training - Methods and effects of training - Edexcel - GCSE Physical Education Revision - Edexcel - BBC Bitesize
	Methods of training - Principles and methods of training - GCSE Physical Education Revision - BBC Bitesize	Different methods of sport training - Methods and effects of training - AQA - GCSE Physical Education Revision - AQA - BBC Bitesize
	The Importance of Nutrition in Sports • IINH	Training thresholds - Principles of training - WJEC - GCSE Physical Education Revision - WJEC - BBC Bitesize
	Nutrition for sports and exercise - British Nutrition Foundation	Training threshold Revision World
	Nutrition - GCSE Biology Revision - XtremePapers Advancing knowledge is in our DNA	Training Thresholds Learning Content - The PE Classroom - Pupil Gateway
Nutrition, digestion and excretion - GCSE Biology (Single Science) Revision - BBC Bitesize	PE Training Thresholds and Methods Mind Map (goconqr.com)	

<h1>Year 9 PE</h1>		
	Autumn 1	Autumn 2
A	Topic: Fitness/nutrition	Topic: Circulatory/respiratory systems

	<p>Fitness - Exercises, Fitness & Nutrition, and Fitness Articles</p> <p>Fitness (healthline.com)</p> <p>Nutrition for sports and exercise - British Nutrition Foundation</p> <p>Nutrition - GCSE Biology Revision - XtremePapers Advancing knowledge is in our DNA</p> <p>Nutrition, digestion and excretion - GCSE Biology (Single Science) Revision - BBC Bitesize</p> <p>Components of fitness - Keeping fit and healthy - AQA - GCSE Physical Education Revision - AQA - BBC Bitesize</p>	<p>Circulatory System quiz - enjoyable KS3 science revision (educationquizzes.com)</p> <p>The circulatory system - Respiration and gas exchange - KS3 Biology - BBC Bitesize - BBC Bitesize</p> <p>General structure - The circulatory system - GCSE Biology (Single Science) Revision - BBC Bitesize</p> <p>The respiratory system - Respiratory system - GCSE Biology (Single Science) Revision - BBC Bitesize</p> <p>Respiration and gas exchange - KS3 Biology - BBC Bitesize - BBC Bitesize</p>
Spring	<p>Topic: Musculoskeletal system/bones, ligaments and tendons</p>	<p>Topic: Joint classification/movement analysis</p>
	<p>Muscular-skeletal system - Skeletal system - Eduqas - GCSE Physical Education Revision - Eduqas - BBC Bitesize</p> <p>The Musculoskeletal System and Disease (verywellhealth.com)</p> <p>Sample_ch04_final.pdf (pearson.com)</p> <p>GCSE PE Quizzes - Musculoskeletal System - TeachPE.com</p> <p>The Bones of the Human Body Quiz Britannica</p> <p>Bones of the Skeleton - Science Quiz (geoguessr.com)</p> <p>The Bones Of The Human Body Quiz - ProProfs Quiz</p> <p>Joints of the skeletal system - Skeletal system - Edexcel - GCSE Physical Education Revision - Edexcel - BBC Bitesize</p>	<p>Joints and their function - The skeleton, bones and joints - GCSE Physical Education Revision - BBC Bitesize</p> <p>Structure of the skeletal system and the vertebral column - Skeletal system - Edexcel - GCSE Physical Education Revision - Edexcel - BBC Bitesize</p> <p>Joints and their function - The skeleton, bones and joints - GCSE Physical Education Revision - BBC Bitesize</p> <p>Types of joint movement - Skeletal system - AQA - GCSE Physical Education Revision - AQA - BBC Bitesize</p> <p>Levers - Movement analysis - WJEC - GCSE Physical Education Revision - WJEC - BBC Bitesize</p>

	GCSE PE - tendon vs ligaments Flashcards Quizlet	Examples of analysis of movement - Observing and analysing movement - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize
Summer	Topic: Muscle clarification and characteristics	Topic: Cardiovascular system/barriers to participation
	Different muscle types in the human body - Muscular system - Edexcel - GCSE Physical Education Revision - Edexcel - BBC Bitesize	Structure of the cardiovascular system - Cardiovascular system - Edexcel - GCSE Physical Education Revision - Edexcel - BBC Bitesize
	Muscle types - Muscles and movement - GCSE Physical Education Revision - BBC Bitesize	human cardiovascular system Description, Anatomy, & Function Britannica
	Cardiac Muscle Tissue: Function, Structure, Conditions, and Pictures (healthline.com)	Structure and function of blood vessels - Structure and function of arteries, capillaries and veins - Higher Human Biology Revision - BBC Bitesize
	smooth muscle anatomy Britannica	Artery vs. Vein: What's the Difference? (healthline.com)
	Difference between Voluntary and Involuntary Muscles (toppr.com)	Barriers to participation sportanddev.org
		Disability, barriers and encouraging inclusion in sports - Social groupings and participation in sport - OCR - GCSE Physical Education Revision - OCR - BBC Bitesize