

Careers in PE:
PE Teacher/ Coach/
Physiotherapist/
Manager/ Sports
Designer/ Sports
Journalist/ Sports
Commentator.

KING'S LYNN ACADEMY

PE
7-11

Health body and
Healthy mind

Continue
active for life

Year 11

2. Active for Life

Can chose Sport
Studies

1. Core PE

Year 10

6. Joint and muscles
movements

5. Functions of skeletal
system

2. Long term
effects of
exercise

3. Definitions of
components of
fitness

4. Functions of
nutrients

1. Short term
effects of
exercise

Year 9

6. Location of
major muscles

5. Location of
bones in the
skeletal system

4. Nutrition

1. Lifestyle
factors

2. Benefits of warming
up and cooling down

3. Components of fitness &
Fitness testing

6. Location of the major
muscles in the body

Year 8

5. Location of the major bones in the
body

4. Nutrition

3. Components of
Fitness

Year 7

2. Stages of a warm-up
and cool-down

1. Reasons why people take part
in sport – Physical, mental and
Social.

Welcome to PE

Gluteal Hamstrings Quadriceps Gastrocnemius

Name the lower body major muscles

Topic:
Muscular

Motivation



Latissimus Dorsi

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Key Concept: Understanding the body



Vertebrae Pelvis Phalanges

Name the lower body bones

Topic:
Skeletal System

Knowledge
and
understanding

Topic:
Nutrition

Key Concept: Understanding the body



Impacts of a poor diet

Healthy proportions

Balanced diet: 7 Parts

Macro-Nutrients

Micro-Nutrients

Balanced Diet

Key Concept: Health & Well-Being



Power



Speed



Reaction Time

Term 4

Name the Components of fitness

Topic:
Components of fitness

Agility

Muscular Strength



Muscular Endurance



Cardiovascular Endurance

Flexibility

Key Concept: Personal Challenge

Confidence



Term 3

Stages of warming-up & Cooling-down

Topic:
Moving safely



Raise Heart Rate



Prevent injury



Term 2

Movement competence

Social Reasons



Mental Reasons

Reasons why people take part in sport

Topic:
Health and well being



Physical Reasons



Fitness

Exploring physical literacy

Welcome to PE

Health



Exercise

Term 1

PE
Yr 7



Topic:
Muscular
system

Upper body major muscles

Quadriceps

Hamstrings

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Key Concept: Understanding the body

Term 6

Topic:
Skeleton

Upper body major bones

Location of
the bones

Ball & Socket

Tendons
Hinge Joint

Key Concept: Understanding the body

Term 5

Hydration

Impacts of a poor diet

Sources of a balanced diet

Topic:
Nutrition

Macro-Nutrients

Micro-Nutrients

Key Concept: Health & Well-Being

Term 4

Balanced Diet

Vertical jump

Sit and reach

Ruler drop

BMI Test

35m sprint

Illinois Agility

Fitness testing

Anderson Ball throw

Stork
stand

Topic:
Components
of fitness

Hand grip
dynamometer

Sit-up test

Bleep Test

12 minute cooper
test

Key Concept: Personal Challenge

Term 3

Mobility
exercises

Static stretching

Skill-practice

Topic:
Moving
safely

Benefits of a warm up and cool down

Pulse raiser

Mental
preparation

Key Concept: Health & Well-Being

Term 2

Negative impacts

Social Reasons

Mental Reasons

Positive impacts

PE
Yr 8

Lifestyle factors that affect performance

Topic:
Lifestyle

Physical Reasons

Fitness

Key Concept: Health & Well-Being

Term 1

Welcome to PE

Health

Exercise

Topic:
Muscles

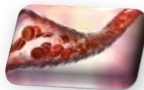


Joint and muscle movements



GCSE PE Option?

Key Concept: Understanding the body



Topic:
Skeleton



Functions of the skeleton

Key Concept: Understanding the body



Functions of Nutrients

Topic:
Nutrition



Key Concept: Personal Challenge

Interval

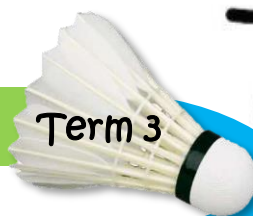


Topic:
Components
of fitness



Define each component of fitness

Key Concept: Personal Challenge



Topic:
Effects of
exercise



Long term effects

Key Concept: Health & Well-Being



Topic:
Effects of
exercise



Short term effects

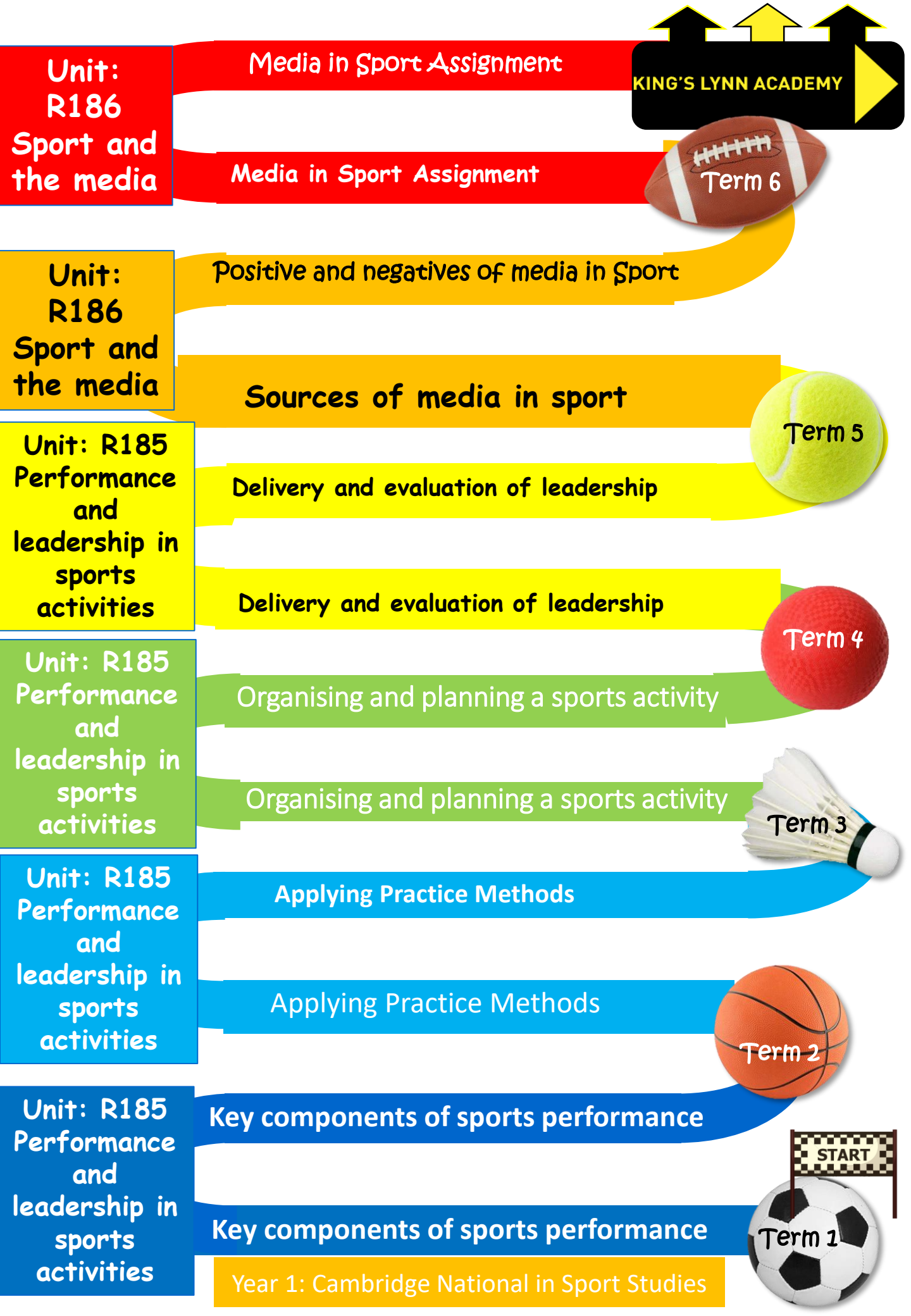
Key Concept: Movement in society



Welcome to PE

PE
Yr 9





Unit: R184 Contemporary Issues in Sport

End of course

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Feedback

SIT FINAL EXAM

Term 6

Use of technology in sport

The role of National Governing Bodies in Sport

Term 5

Positives and negatives of MSEs

Implications of hosting a major sporting event

Term 4

Use of Performance enhancing drugs

Sporting etiquette and behaviour

Term 3

Olympic and Paralympic Movement

Promoting Sporting Values

Term 2

Factors affecting popularity of sports

Issues affecting participation in sport

Term 1

Year 2: Cambridge National in Sport Studies

