

# 1. PE Curriculum map: Year 7

			Lesson Focus	Homework	Assessment	Enrichment
Autumn 1	06.09.21	Week 1	Stages of a warm-up	Read into this in more detail: <a href="https://www.bbc.co.uk/bitesize/guides/zchxnbk/revision/1">https://www.bbc.co.uk/bitesize/guides/zchxnbk/revision/1</a>		<b>Enrichment Clubs</b> are advertised around school, on our website and our social media.  <b>Trips:</b> - Champs League Fixture  <b>Interhouse Competitions:</b> - Football - Netball
	13.09.21	Week 2	Benefits of a warm-up	Watch the following video: <a href="https://www.youtube.com/watch?v=zMReVEkdEnI">https://www.youtube.com/watch?v=zMReVEkdEnI</a>		
	20.09.21	Week 3	Immediate effects of exercise	Read into this in more detail: <a href="https://www.bbc.co.uk/bitesize/guides/zghmp39/revision/1">https://www.bbc.co.uk/bitesize/guides/zghmp39/revision/1</a>		
	27.09.21	Week 4	Immediate effects of exercise	Watch the following video: <a href="https://www.youtube.com/watch?v=wWGulLa000&amp;t=15s">https://www.youtube.com/watch?v=wWGulLa000&amp;t=15s</a>		
	04.11.21	Week 5	Trapezius / Bicep / triceps / Deltoid / Pectorals	Spellings		
	18.11.21	Week 6	<b>Latissimus dorsi / Hip flexors / Gluteus maximus / abdominals</b>	<b>Year 7 PE Quiz 1</b>	<b>Year 7 PE Quiz 1</b>	
Autumn 2	01.11.21	Week 7	Hamstrings / quadriceps	Read into this in more detail: <a href="https://www.bbc.co.uk/bitesize/guides/z32wmnb/revision/1">https://www.bbc.co.uk/bitesize/guides/z32wmnb/revision/1</a>		<b>Enrichment Clubs</b> are advertised around school, on our website and our social media.  <b>Trips:</b> - International Football Fixture - Basketball Fixture  <b>Interhouse Competitions:</b> - Badminton - Trampolineing
	08.11.21	Week 8	Tibialis anterior / gastrocnemius	Watch the following video: <a href="https://www.youtube.com/watch?v=hY2fa6Q98-k">https://www.youtube.com/watch?v=hY2fa6Q98-k</a>		
	15.11.21	Week 9	Antagonistic pairs (bicep / triceps)	Read into this in more detail: <a href="https://www.bbc.co.uk/bitesize/guides/z32wmnb/revision/3">https://www.bbc.co.uk/bitesize/guides/z32wmnb/revision/3</a>		
	22.11.21	Week 10	Antagonistic pairs (gluteus maximus / hip flexors)	Spellings		
	29.11.21	Week 11	Antagonistic pairs (hamstrings / quadriceps)	Revision		
	06.12.21	Week 12	<b>Antagonistic pairs (Tibialis anterior / gastrocnemius)</b>	<b>Year 7 PE Quiz 2</b>	<b>Year 7 PE Quiz 2</b>	
	13.12.21	Week 13	Consolidation Week	Consolidation Week		
Spring 1	03.01.22	Week 14	Types of Joint	Read into this in more detail: <a href="https://www.bbc.co.uk/bitesize/guides/z2gyrdm/revision/3">https://www.bbc.co.uk/bitesize/guides/z2gyrdm/revision/3</a>		<b>Enrichment Clubs</b> are advertised around school, on our website and our social media.  <b>Interhouse Competitions:</b> - Basketball - Handball
	10.01.22	Week 15	Flexion / Extension	Watch the following videos: <a href="https://www.youtube.com/watch?v=r13a3JoOW70">https://www.youtube.com/watch?v=r13a3JoOW70</a> <a href="https://www.youtube.com/watch?v=oA6HiaV1RIU">https://www.youtube.com/watch?v=oA6HiaV1RIU</a>		
	17.01.22	Week 16	Abduction / Adduction Rotation	Spellings		
	24.01.22	Week 17	Plantar flexion / Dorsi-flexion	Revision		
	31.01.22	Week 18	<b>Knowledge Test 1</b>	<b>Knowledge Test 1</b>	<b>Knowledge Test 1</b>	
	07.02.22	Week 19	Consolidation Week	Consolidation Week		
	14.02.22	Week 20	Consolidation Week	Consolidation Week		

Spring 2	28.02.22	Week 21	Cranium / clavicle / scapula	Read into this in more detail: <a href="https://www.bbc.co.uk/bitesize/guides/z2gyrdm/revision/1">https://www.bbc.co.uk/bitesize/guides/z2gyrdm/revision/1</a>		<b>Enrichment Clubs</b> are advertised around school, on our website and our social media.  <b>Trips:</b> - Netball Super League  <b>Interhouse Competitions:</b> - Rugby - Hockey - Gymnastics
	07.03.22	Week 22	Humerus / radius / ulna	Watch the following videos: <a href="https://www.youtube.com/watch?v=aLoY1wjmVvg">https://www.youtube.com/watch?v=aLoY1wjmVvg</a> <a href="https://www.youtube.com/watch?v=UYSOe06i4ps&amp;t=74s">https://www.youtube.com/watch?v=UYSOe06i4ps&amp;t=74s</a>		
	14.03.22	Week 23	Ribs / vertebrae / pelvis	Spellings		
	21.03.22	Week 24	Femur / patella	Revision		
	28.03.22	Week 25	<b>Tibia / fibula / talus</b>	<b>Year 7 PE Quiz 3</b>	<b>Year 7 PE Quiz 3</b>	
	04.04.22	Week 26	Consolidation Week	Consolidation Week		
Summer 1	25.04.22	Week 27	Short term effects of exercise (muscles feeling heavy / DOMS)	Read into this in more detail: <a href="https://www.bbc.co.uk/bitesize/guides/zghmp39/revision/2">https://www.bbc.co.uk/bitesize/guides/zghmp39/revision/2</a>		<b>Enrichment Clubs</b> are advertised around school, on our website and our social media.  <b>Trips:</b> - Woman's FA Cup Final  <b>Interhouse Competitions:</b> - Rounders - Cricket
	02.05.22	Week 28	Fatigue / Cramp	Watch the following video: <a href="https://www.youtube.com/watch?v=N9_m9FJOEE0">https://www.youtube.com/watch?v=N9_m9FJOEE0</a>		
	09.05.22	Week 29	Dizziness / light headedness / Nausea	Spellings		
	16.05.22	Week 30	<b>Stages of a cool down / Benefits of a cool down</b>	<b>Year 7 PE Quiz 4</b>	<b>Year 7 PE Quiz 4</b>	
	23.05.22	Week 31	Consolidation Week	Consolidation Week		
Summer 2	06.06.22	Week 32	Long term effects of exercise (reduce body weight)	Read into this in more detail: <a href="https://www.bbc.co.uk/bitesize/guides/zghmp39/revision/3">https://www.bbc.co.uk/bitesize/guides/zghmp39/revision/3</a>		<b>Enrichment Clubs</b> are advertised around school, on our website and our social media.  <b>Trips:</b> - Cricket T20 - Indoor Athletics  <b>Interhouse Competitions:</b> - Sports Day
	13.06.22	Week 33	Increase muscle size / improve COF	Watch the following video: <a href="https://www.youtube.com/watch?v=U3U5-Bwdx0E">https://www.youtube.com/watch?v=U3U5-Bwdx0E</a>		
	20.06.22	Week 34	Increase heart size (hypertrophy)	Spellings		
	27.06.22	Week 35	Reduce resting heart rate	Revision		
	04.07.22	Week 36	<b>Knowledge Test 2</b>	<b>Knowledge Test 2</b>	<b>Knowledge Test 2</b>	
	11.07.22	Week 37	Consolidation Week	Consolidation Week		
	18.07.22	Week 38	Consolidation Week	Consolidation Week		

# Y7 Knowledge Maps

## Warm Up

There are several parts to a good warm up – this should include:

- Gradual pulse raiser (jogging, high knees etc.)
- Stretching
- Skill based activity (ball work)
- Mental preparation (getting focused/deep breathing)

## Benefits of a Warm Up

- Body temp/breathing rate/HR increases
- Stretching increases range of movement
- Gradual increase to game pace
- Focused/prepared
- Movement skills will have been prepared
- Less chance of injury
- Increased amount of O<sub>2</sub> to muscles.

# Year 7 Knowledge Sheet 1

## Immediate Effects of Exercise

When a performer starts to exercise, the body has to supply extra oxygen to the working muscles, the changes that take place in the body are:

- Heart rate increases
- More blood is pumped around the body
- Breathing rate increases
- Body temperature increases

## Antagonistic muscle action

Muscles can only pull. Therefore joints have two or more muscles working opposite each other – one to pull the bone in one direction and the other to pull the bone in another.

One muscle contracts to pull the bone – this muscle is known as the **prime mover** or the **agonist**.

While this happens the other muscle relaxes, this is known as the **antagonist**.

## Example – arm flexion/extension

As the biceps contracts, the lower arm (radius/ulna) moved up towards the shoulder.

The triceps relaxes to allow this movement to happen.

In this action, the **biceps** is the **prime mover** or **agonist**, while the **triceps** is the **secondary mover** or **antagonist**.

## Types of Joint/Movements

*The most common type of joint in the body are synovial joints.*

## Hinge joint

- Causes flexion and extension only
- Knee joint
- Elbow joint

## Ball and socket joint

- Cause flexion, extension, adduction and abduction
- Hip joint
- Shoulder joint

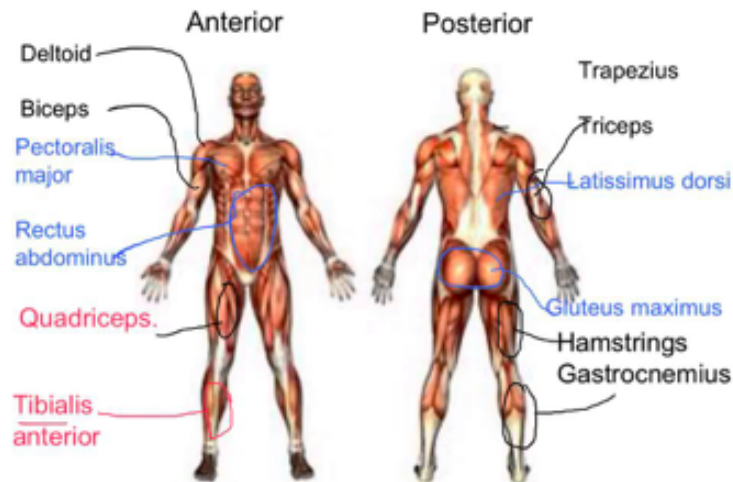
The ankle joint is a hinge joint however the movements caused are:

- Plantar flexion
- Dorsiflexion

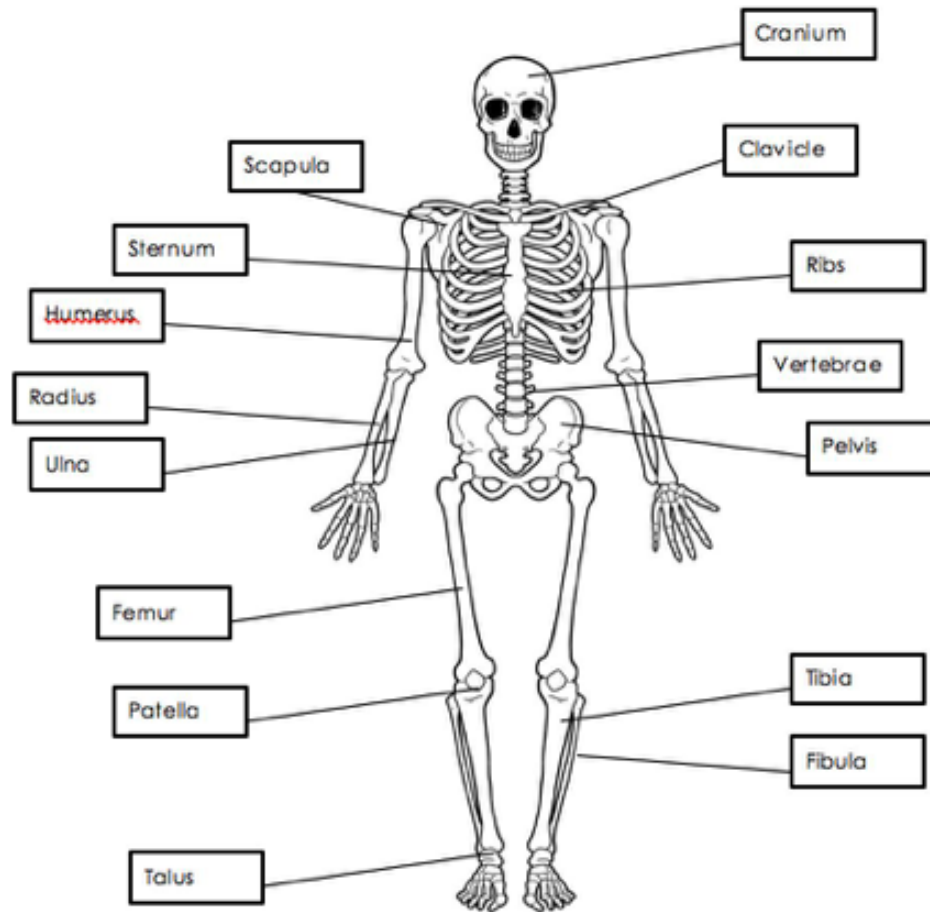
Bones are joined together by ligaments, muscles are connected to bone by tendons.

Understand that the following types of movement are linked to the appropriate joint type, which enables that movement to take place:

- flexion/extension at the shoulder, elbow, hip and knee
- abduction/adduction at the shoulder
- rotation of the shoulder
- circumduction of the shoulder
- plantar flexion/dorsiflexion at the ankle.



**AQA GCSE – The Skeletal System Labelled**  
Revision sheet



# Year 7

## Knowledge Sheet 2

### Short Term Effects of Exercise (24-36 Hours After Exercise)

- Muscles feeling heavy
- Fatigue
- Dizziness/light headedness
- Nausea (sickness or vomiting after exercise)
- DOMS
- Cramp

### Long Term Effects of Exercise (Months/Years of Exercising)

- Reduce body weight
- Increase muscle size
- Components of fitness will develop depending on exercise
- Joint stability/flexibility (muscles, tendons and ligament strength)
- Increased speed/stamina depending on COF
- Increased heart size – more blood pumped with each contraction (Hypertrophy)
- Reduced resting Heart Rate

### Cool Down

Cooling down is often overlooked and under-valued – this should include:

- An activity to maintain elevated breathing/heart rate.
- A gradual reduction in intensity
- Stretching

### Benefits of a Cool Down

- Allows the body to start recovering
- Helps remove lactic acid/carbon dioxide and waste products
- Prevents DOMS

