



St Antony's
Roman Catholic School
ASPIRE + BELIEVE + ACHIEVE

Subject: PE

Year group	Topic and resources
Year 7	<p data-bbox="394 497 640 528"><u>Health and Fitness</u></p> <p data-bbox="394 576 577 606">Couch to 5km</p> <p data-bbox="394 616 1957 762">The couch to 5km will progressively build you up to completing a 5km run. Through following the programme you will be given an introduction and weekly targets to complete to ensure that you achieve your goal. Through participating in this program you will improve both your overall health and cardiovascular fitness. It will also give you an opportunity to go outside and achieve a goal you may not have previously thought of.</p> <p data-bbox="394 810 1984 879">The below website will give you detailed information on 5km running, helping to explain build up processes and how it can easily be achieved:</p> <p data-bbox="394 890 1563 920">https://www.bupa.co.uk/health-information/exercise-fitness/running-programme-5km</p> <p data-bbox="394 968 1335 999">The NHS website below will introduce you to the couch to 5km program:</p> <p data-bbox="394 1010 1335 1040">https://www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/</p> <p data-bbox="394 1128 613 1158">Star wars fitness</p> <p data-bbox="394 1168 1998 1315">The star wars fitness programme will require you to complete a variety of different fitness circuits. These circuits will engage different components of fitness to help to improve your overall physical fitness. If you are struggling to complete the circuits decrease the tempo and push yourself through. After a couple of weeks it will start to feel easier and you will be able to increase the intensity.</p> <p data-bbox="394 1362 1800 1393">https://www.bbc.co.uk/bitesize/guides/z9ntfrd/revision/2 - Methods and effects of training - circuit training</p>

	<p>https://revisionworld.com/gcse-revision/pe-physical-education/training-methods-programmes/training-methods/circuit-training - Circuit training</p> <p>https://www.youtube.com/watch?v=3uVom7CclhA - Scissor kicks</p> <p>https://www.youtube.com/watch?v=0ptVDvC1Kqs - Raised leg crunches</p> <p>https://body-sculpting.wonderhowto.com/how-to/hold-single-arm-plank-195245/ - How to do a one arm plank</p> <p>https://www.puregym.com/exercises/legs/squat/ - How to do a squat</p> <p>https://www.youtube.com/watch?v=gAyTBB4lm3I&feature=emb_title - Reverse crunch</p> <p>https://www.brianmac.co.uk/documents/circuit%20cards.pdf - Contains descriptions of how to perform 25 common circuit training exercises.</p> <p>Human body work booklet</p> <p>https://www.bbc.co.uk/bitesize/guides/zct2hv4/revision/1 - Muscular system.</p> <p>https://www.bbc.co.uk/bitesize/guides/zxc34j6/revision/1 - The structure and function of the skeleton system.</p> <p>https://www.bbc.co.uk/bitesize/guides/z8j87hv/revision/2#:~:text=The%20components%20of%20fitness%20%E2%80%93%20definitions%2C%20examples%20and,as%20possible.%204%20Strength.%205%20Flexibility.%20More%20items - The components of fitness - Keeping fit and healthy in sport.</p> <p>https://www.youtube.com/watch?v=jc9srOLMnHk - Goalkeeper and reaction time video.</p> <p>https://www.bbc.co.uk/bitesize/guides/z9r34j6/revision/3 - Diet and nutrition.</p> <p>https://www.bbc.co.uk/bitesize/guides/zgvsbk7/revision/2 - Diet and nutrition and food types.</p> <p>https://www.samplewords.com/food-diary-template/ - Food diary template to create your food journal.</p>
<p>Year 8</p>	<p><u>Health and Fitness</u></p> <p>Couch to 5km</p> <p>The couch to 5km will progressively build you up to completing a 5km run. Through following the programme you will be given an introduction and weekly targets to complete to ensure that you achieve your goal. Through participating in this program you will improve both your overall health and cardiovascular fitness. It will also give you an opportunity to go outside and achieve a goal you may not have previously thought of.</p>

The below website will give you detailed information on 5km running, helping to explain build up processes and how it can easily be achieved:

<https://www.bupa.co.uk/health-information/exercise-fitness/running-programme-5km>

The NHS website below will introduce you to the couch to 5km program:

<https://www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/>

Star wars fitness

The star wars fitness programme will require you to complete a variety of different fitness circuits. These circuits will engage different components of fitness to help to improve your overall physical fitness. If you are struggling to complete the circuits decrease the tempo and push yourself through. After a couple of weeks it will start to feel easier and you will be able to increase the intensity.

<https://www.bbc.co.uk/bitesize/guides/z9ntfrd/revision/2> - Methods and effects of training - circuit training

<https://revisionworld.com/gcse-revision/pe-physical-education/training-methods-programmes/training-methods/circuit-training> - Circuit training

<https://www.puregym.com/exercises/arms-and-shoulders/press-up/> -How to do a press up

<https://www.puregym.com/exercises/legs/squat/> - How to do a squat

<https://www.verywellfit.com/the-chair-dip-triceps-exercise-3120734> - How to do tricep dips

<https://www.puregym.com/exercises/abs/sit-up/> - How to do a sit up

<https://www.verywellfit.com/the-wall-sit-quad-exercise-3120741> - How to do a wall sit

<https://www.brianmac.co.uk/documents/circuit%20cards.pdf> - Contains descriptions of how to perform 25 common circuit training exercises.

Human body work booklet

<https://www.bbc.co.uk/bitesize/guides/zct2hv4/revision/1> - Muscular system.

<https://www.bbc.co.uk/bitesize/guides/zxc34j6/revision/1> - The structure and function of the skeleton system.

	<p>https://www.bbc.co.uk/bitesize/guides/z8j87hv/revision/2#:~:text=The%20components%20of%20fitness%20%E2%80%93%20definitions%2C%20examples%20and,as%20possible.%204%20Strength.%205%20Flexibility.%20More%20items - The components of fitness - Keeping fit and healthy in sport.</p> <p>https://www.youtube.com/watch?v=ic9srOLMnHk - Goalkeeper and reaction time video.</p> <p>https://www.bbc.co.uk/bitesize/guides/z9r34j6/revision/3 - Diet and nutrition.</p> <p>https://www.bbc.co.uk/bitesize/guides/zgvsbk7/revision/2 - Diet and nutrition and food types.</p> <p>https://www.samplewords.com/food-diary-template/ - Food diary template to create your food journal.</p>
<p>Year 9</p>	<p><u>Health and Fitness</u></p> <p>Couch to 5km The couch to 5km will progressively build you up to completing a 5km run. Through following the programme you will be given an introduction and weekly targets to complete to ensure that you achieve your goal. Through participating in this program you will improve both your overall health and cardiovascular fitness. It will also give you an opportunity to go outside and achieve a goal you may not have previously thought of.</p> <p>The below website will give you detailed information on 5km running, helping to explain build up processes and how it can easily be achieved: https://www.bupa.co.uk/health-information/exercise-fitness/running-programme-5km</p> <p>The NHS website below will introduce you to the couch to 5km program: https://www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/</p> <p>Star wars fitness The star wars fitness programme will require you to complete a variety of different fitness circuits. These circuits will engage different components of fitness to help to improve your overall physical fitness. If you are struggling to complete the circuits decrease the tempo and push yourself through. After a couple of weeks it will start to feel easier and you will be able to increase the intensity.</p> <p>https://www.bbc.co.uk/bitesize/guides/z9ntfrd/revision/2 - Methods and effects of training - circuit training</p>

<https://revisionworld.com/gcse-revision/pe-physical-education/training-methods-programmes/training-methods/circuit-training> - Circuit training
<https://gethealthyu.com/exercise/high-knees/> - High knees
<https://flabfix.com/how-to-do-heel-touches-exercise-properly/> - Heel touches
<https://www.puregym.com/exercises/legs/lunge/> - How to do lunges correctly
<https://www.puregym.com/exercises/arms-and-shoulders/press-up/> - How to do press ups
<https://www.puregym.com/exercises/abs/sit-up/> - How to do a sit up

<https://www.brianmac.co.uk/documents/circuit%20cards.pdf> - Contains descriptions of how to perform 25 common circuit training exercises.

Human body work booklet
<https://www.bbc.co.uk/bitesize/guides/zct2hv4/revision/1> - Muscular system.
<https://www.bbc.co.uk/bitesize/guides/zxc34j6/revision/1> - The structure and function of the skeleton system.
<https://www.bbc.co.uk/bitesize/guides/z8j87hv/revision/2#:~:text=The%20components%20of%20fitness%20%E2%80%93%20definitions%2C%20examples%20and,as%20possible.%20%20Strength.%20%20Flexibility.%20More%20items> - The components of fitness - Keeping fit and healthy in sport.
<https://www.youtube.com/watch?v=jc9srOLMnHk> - Goalkeeper and reaction time video.
<https://www.bbc.co.uk/bitesize/guides/z9r34j6/revision/3> - Diet and nutrition.
<https://www.bbc.co.uk/bitesize/guides/zgvsbk7/revision/2> - Diet and nutrition and food types.
<https://www.samplewords.com/food-diary-template/> - Food diary template to create your food journal.

Year group	Topic and resources	Revision resources (Revision Guides, PPTs etc)	Exam resources (exam board links, mark schemes, model answers, past papers)
Year 10 GCSE PE OCR Specification	GCSE PE – Link to class materials: https://lvestantonys-my.sharepoint.com/:f/g/personal/l_brownbill_st-antonys_com/EvunrWf77QhloLrp	GCSE PE – Electronic Text Book: https://www.kerboodle.com/users/login?user_return_to=%2Fapp GCSE PE – Revision website:	GCSE PE – Link to course specification: https://lvestantonys-my.sharepoint.com/:f/g/personal/l_brownbill_st-antonys_com/EvunrWf77QhloLrp

	JZpLuOwBhJcdmAocMwjjJcsArwZURw?e=PeWngf	https://www.bbc.co.uk/bitesize/examspecs/ztrcg82 GCSE PE – Link to Planet PE revision videos: https://lifestantonys-my.sharepoint.com/:w:/g/personal/l_brownbill_st-antonys_com/EQ3lcm-w44lHrLF37mvQYbgBR0MhGS5aelMCb-ksEoNRXQ?e=3OIBkR	antonys_com/Epsy71i40UdHrllc0_xLjDEBeC7wdWUritQPGX2g0Ceitg?e=frcwd5
Year 10 Cambridge National Award – Sports Science OCR Specification	CAM NAT Sports Science – R041 Sports Injuries – Class Materials: https://lifestantonys-my.sharepoint.com/:f:/g/personal/l_brownbill_st-antonys_com/Eh1nt-nznaFFhPT4nzFxHgMBmr5_gdM2wHMRT7ygE0j2Tw?e=JpHOln	CAM NAT Sports Science – R041 Sports Injuries: Revision Website: https://lbrownbill.wixsite.com/myite-1	CAM NAT Sports Science – R041 Sports Injuries: Specification: https://lifestantonys-my.sharepoint.com/:b:/g/personal/l_brownbill_st-antonys_com/ER0Fz5gDCoVPj7jUZG2fKyoBTLCEEuuyH9hnyKnIEoi0tw?e=ggsuMh
Year 11 Cambridge National Award – Sports Science OCR Specification	CAM NAT Sports Science – R041 Sports Injuries – Class Materials: https://lifestantonys-my.sharepoint.com/:f:/g/personal/l_brownbill_st-antonys_com/Eh1nt-nznaFFhPT4nzFxHgMBmr5_gdM2wHMRT7ygE0j2Tw?e=JpHOln	CAM NAT Sports Science – R041 Sports Injuries: Revision Website: https://lbrownbill.wixsite.com/myite-1	CAM NAT Sports Science – R041 Sports Injuries: Specification: https://lifestantonys-my.sharepoint.com/:b:/g/personal/l_brownbill_st-antonys_com/ER0Fz5gDCoVPj7jUZG2fKyoBTLCEEuuyH9hnyKnIEoi0tw?e=ggsuMh