



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

Subject: PE

Year group	Topic and resources
Year 7	<p data-bbox="387 499 640 531"><u>Health and Fitness</u></p> <p data-bbox="387 576 577 608">Couch to 5km</p> <p data-bbox="387 616 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="387 810 1984 882">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="387 890 1529 922">https://www.bupa.co.uk/health-information/exercise-fitness/running-programme-5km</p> <p data-bbox="387 930 1335 962">The NHS website below will introduce you to the couch to 5km program:</p> <p data-bbox="387 970 1305 1002">https://www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/</p> <p data-bbox="387 1086 613 1118">Star wars fitness</p> <p data-bbox="387 1126 2000 1278">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="387 1321 1798 1353">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 https://www.youtube.com/watch?v=3uVom7CclhA - Scissor kicks https://www.youtube.com/watch?v=0ptVDvC1Kqs - Raised leg crunches https://body-sculpting.wonderhowto.com/how-to/hold-single-arm-plank-195245/ - How to do a one arm plank https://www.puregym.com/exercises/legs/squat/ - How to do a squat https://www.youtube.com/watch?v=gAyTBB4lm3I&feature=emb_title - Reverse crunch 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 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.%204%20Strength.%205%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. </p>
<p>Year 8</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>

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/zxc34i6/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.%204%20Strength.%205%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.

	<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</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> <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:</p> <p>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:</p> <p>https://www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/</p> <p>Star wars fitness</p> <p>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> <p>https://revisionworld.com/gcse-revision/pe-physical-education/training-methods-programmes/training-methods/circuit-training - Circuit training</p> <p>https://gethealthyu.com/exercise/high-knees/ - High knees</p> <p>https://flabfix.com/how-to-do-heel-touches-exercise-properly/ - Heel touches</p> <p>https://www.puregym.com/exercises/legs/lunge/ - How to do lunges correctly</p>

	<p>https://www.puregym.com/exercises/arms-and-shoulders/press-up/ - How to do press ups</p> <p>https://www.puregym.com/exercises/abs/sit-up/ - How to do a sit up</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>
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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/EvunrWf77QhloLrpJZpLuOwBhJcdmAocMwjJcsArwZURw?e=PeWngf	GCSE PE – Electronic Text Book: https://www.kerboodle.com/users/login?user_return_to=%2Fapp GCSE PE – Revision website: https://www.bbc.co.uk/bitesize/examspecs/ztrcg82 GCSE PE – Link to Planet PE revision videos:	GCSE PE – Link to course specification: https://lvestantonys-my.sharepoint.com/:f:/g/personal/l_brownbill_st-antonys_com/Epsy71i40UdHrllc0_xLiDEBeC7wdWUritQPGX2g0Cejtg?e=frcwd5

		https://lvestantonys-my.sharepoint.com/:w:/g/personal/l_brownbill_st-antonys_com/EQ3lcm-w44lHrLF37mvQYbgBR0MhGS5aelMCb-ksEoNRXQ?e=3OIBkR	
Year 10 Cambridge National Award – Sports Science OCR Specification	CAM NAT Sports Science – R041 Sports Injuries – Class Materials: https://lvestantonys-my.sharepoint.com/:f:/g/personal/l_brownbill_st-antonys_com/Eh1nt-nznaFFhPT4nzFxFHgMBmr5_gdM2wHMRT7ygE0j2Tw?e=JpHOln	CAM NAT Sports Science – R041 Sports Injuries: Revision Website: https://lbrownbill.wixsite.com/my-site-1	CAM NAT Sports Science – R041 Sports Injuries: Specification: https://lvestantonys-my.sharepoint.com/:b:/g/personal/l_brownbill_st-antonys_com/ER0Fz5gDCoVPi7jUZG2fKyoBTLCEEuuyH9hnyKnIEoi0tw?e=gqsuMh
Year 11 Cambridge National Award – Sports Science OCR Specification	CAM NAT Sports Science – R041 Sports Injuries – Class Materials: https://lvestantonys-my.sharepoint.com/:f:/g/personal/l_brownbill_st-antonys_com/Eh1nt-nznaFFhPT4nzFxFHgMBmr5_gdM2wHMRT7ygE0j2Tw?e=JpHOln	CAM NAT Sports Science – R041 Sports Injuries: Revision Website: https://lbrownbill.wixsite.com/my-site-1	CAM NAT Sports Science – R041 Sports Injuries: Specification: https://lvestantonys-my.sharepoint.com/:b:/g/personal/l_brownbill_st-antonys_com/ER0Fz5gDCoVPi7jUZG2fKyoBTLCEEuuyH9hnyKnIEoi0tw?e=gqsuMh