



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

Subject: PE

Year group	Topic and resources
<b>Year 7</b>	<b>Anatomy and Physiology</b>  <a href="https://classroom.thenational.academy/lessons/how-is-hand-eye-coordination-used-in-sport-6hjk6r">https://classroom.thenational.academy/lessons/how-is-hand-eye-coordination-used-in-sport-6hjk6r</a>  <a href="https://classroom.thenational.academy/lessons/how-is-foot-eye-coordination-used-in-sport-cthpad">https://classroom.thenational.academy/lessons/how-is-foot-eye-coordination-used-in-sport-cthpad</a>  <a href="https://classroom.thenational.academy/lessons/moving-in-sport-chjkee">https://classroom.thenational.academy/lessons/moving-in-sport-chjkee</a>  <a href="https://classroom.thenational.academy/lessons/how-is-whole-body-coordination-used-in-sport-cgu62c">https://classroom.thenational.academy/lessons/how-is-whole-body-coordination-used-in-sport-cgu62c</a>  <a href="https://classroom.thenational.academy/lessons/how-is-decision-making-used-in-sport-c4rp4t">https://classroom.thenational.academy/lessons/how-is-decision-making-used-in-sport-c4rp4t</a>  <a href="https://classroom.thenational.academy/lessons/how-to-overcome-opponents-in-sport-6rvk6t">https://classroom.thenational.academy/lessons/how-to-overcome-opponents-in-sport-6rvk6t</a>
<b>Year 8</b>	<b>Anatomy and Physiology</b>  <a href="https://classroom.thenational.academy/lessons/how-can-monitoring-heart-rate-be-used-to-improve-fitness-70tpae">https://classroom.thenational.academy/lessons/how-can-monitoring-heart-rate-be-used-to-improve-fitness-70tpae</a>  <a href="https://classroom.thenational.academy/lessons/what-is-resistance-training-6rv62t">https://classroom.thenational.academy/lessons/what-is-resistance-training-6rv62t</a>  <a href="https://classroom.thenational.academy/lessons/what-is-aerobic-training-65h62e">https://classroom.thenational.academy/lessons/what-is-aerobic-training-65h62e</a>

	<a href="https://classroom.thenational.academy/lessons/what-is-high-intensity-interval-training-6dh3je">https://classroom.thenational.academy/lessons/what-is-high-intensity-interval-training-6dh3je</a> <a href="https://classroom.thenational.academy/lessons/how-can-fitness-be-measured-6cv34c">https://classroom.thenational.academy/lessons/how-can-fitness-be-measured-6cv34c</a> <a href="https://classroom.thenational.academy/lessons/how-can-training-be-personalised-74vkgr">https://classroom.thenational.academy/lessons/how-can-training-be-personalised-74vkgr</a>
<b>Year 9</b>	<b>Anatomy and Physiology</b> <a href="https://classroom.thenational.academy/lessons/how-can-monitoring-heart-rate-be-used-to-improve-fitness-70tpae">https://classroom.thenational.academy/lessons/how-can-monitoring-heart-rate-be-used-to-improve-fitness-70tpae</a> <a href="https://classroom.thenational.academy/lessons/what-is-resistance-training-6rv62t">https://classroom.thenational.academy/lessons/what-is-resistance-training-6rv62t</a> <a href="https://classroom.thenational.academy/lessons/what-is-aerobic-training-65h62e">https://classroom.thenational.academy/lessons/what-is-aerobic-training-65h62e</a> <a href="https://classroom.thenational.academy/lessons/what-is-high-intensity-interval-training-6dh3je">https://classroom.thenational.academy/lessons/what-is-high-intensity-interval-training-6dh3je</a> <a href="https://classroom.thenational.academy/lessons/how-can-fitness-be-measured-6cv34c">https://classroom.thenational.academy/lessons/how-can-fitness-be-measured-6cv34c</a> <a href="https://classroom.thenational.academy/lessons/how-can-training-be-personalised-74vkgr">https://classroom.thenational.academy/lessons/how-can-training-be-personalised-74vkgr</a>

<b>Year group</b>	<b>Topic and resources</b>	<b>Exam resources (exam board links, mark schemes, model answers, past papers)</b>
<b>Year 10</b>	<b>Anatomy and Physiology</b>	<a href="https://classroom.thenational.academy/lessons/how-can-monitoring-heart-rate-be-used-to-improve-fitness-70tpae">https://classroom.thenational.academy/lessons/how-can-monitoring-heart-rate-be-used-to-improve-fitness-70tpae</a> <a href="https://classroom.thenational.academy/lessons/what-is-resistance-training-6rv62t">https://classroom.thenational.academy/lessons/what-is-resistance-training-6rv62t</a>

		<p><a href="https://classroom.thenational.academy/lessons/what-is-aerobic-training-65h62e">https://classroom.thenational.academy/lessons/what-is-aerobic-training-65h62e</a></p> <p><a href="https://classroom.thenational.academy/lessons/what-is-high-intensity-interval-training-6dh3je">https://classroom.thenational.academy/lessons/what-is-high-intensity-interval-training-6dh3je</a></p> <p><a href="https://classroom.thenational.academy/lessons/how-can-fitness-be-measured-6cv34c">https://classroom.thenational.academy/lessons/how-can-fitness-be-measured-6cv34c</a></p> <p><a href="https://classroom.thenational.academy/lessons/how-can-training-be-personalised-74vkgr">https://classroom.thenational.academy/lessons/how-can-training-be-personalised-74vkgr</a></p>
<b>Year 11 – GCSE class only</b>	<b>Paper 1 – Physical factors affecting performance</b>	See Examinations tab on the website – all the relevant links are there on the revision booklet.