



CLAREMONT HIGH SCHOOL ACADEMY

Physical Education

Year 7 Theory Curriculum

This year students will be given a final end of year grade which will be based on 2 areas:

- Practical abilities (their end of year level)
- Performance in an end of year written exam (1 hour paper)

	Practical Weighting	Theory Weighting
Year 7	60%	40%

End of year practical level converted to practical grade

Level	%
9-	100
8	95
8-	90
7	85
7-	80
6+	78
6	75
6-	73
5+	70
5	68
5-	65

Level	%
4+	63
4	60
4-	58
3+	58
3	56
3-	54
2+	53
2	52
2-	50

This booklet will outline details of information to be delivered through practical lessons throughout the year. The end of year exam will be made up from the following content.

1. Benefits of PE

Pupils should understand that there are Physical, Mental and Social benefits of exercise.

Physical Benefits of Exercise	
Increase fitness	PE and exercise can increase fitness. Muscles can be strengthened and we can lose weight.
Improve health	The fitter we are the better we are at coping with illnesses.

Mental Benefits of Exercise	
Relieve stress	PE and exercise can distract us from other problems and can relieve stress caused by school or home life.
Feel good	Exercise releases <i>serotonin</i> which makes us feel good
Enjoyment	Most people who do physical education do so because they enjoy it and it's fun!

Social Benefits of Exercise	
Make Friends	You will be playing with people who like the same things as you so it is a good way of making new friends.



Physical Benefit



Mental Benefit



Social Benefit

2. Components of fitness

You should be aware that fitness is made up of several different components (not just stamina).

E.g. Usain Bolt has poor stamina, but he is still fit. He has excellent speed, strength, power and reaction time.



You will **not** be tested on the definitions.

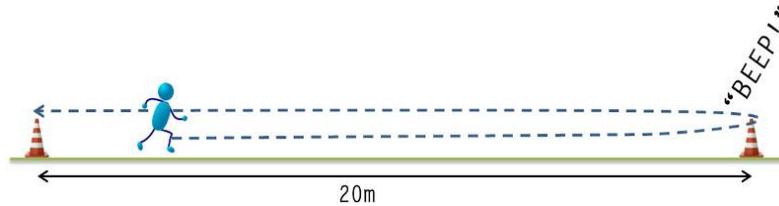
Components of fitness	
Cardiovascular fitness	How efficiently your body can deliver oxygen and nutrients to working muscles during exercise.
Muscular Endurance	The length of time your muscles can contract without getting tired
Muscular Strength	The amount of force a muscle can exert against a resistance.
Flexibility	The range of movement possible at a joint.
Body Composition	The percentage of body weight which is fat, muscle and bone.
Agility	Changing direction quickly whilst maintaining control.
Balance	Keeping your body steady when static or moving.
Coordination	The ability to use two or more body parts together.
Speed	The rate at which your body (or part of your body) is able to move.
Reaction time	The amount of time it takes you to respond to a stimulus.
Power	The ability to combine strength with speed.

3. Fitness Testing

Pupils should be aware of various **fitness tests** which assess your ability in the following components of fitness.

Component: Cardiovascular Endurance	Test: Bleep Test / 12 Minute Run
--	---

- The 12 minute run involves participants running as far as possible in 12 minutes.
- The Bleep Test involves running a length of 20m in time with a series of beeps. The time between the beeps gets smaller as the levels increase, participants therefore have to continually increase their running speed.



4. Methods of Training

Continuous Training	<ul style="list-style-type: none">• Steady training with no rests• Lower intensity• Can improve stamina
Circuit Training	<ul style="list-style-type: none">• Involves a number of exercises one after the other• High intensity• Develops general fitness – works both muscles and cardiovascular system



Continuous Training



Circuit Training

5. The Exercise Session

Phases of Warm Up	
Phase 1 – Pulse raiser	Any low intensity exercise (doesn't have to be running) which gets our heart rate up, leaves us a little out of breath with perhaps the onset of sweat.
Phase 2 – Stretching	Warm up stretches should be held for 8-12 seconds

Reasons for a warm up

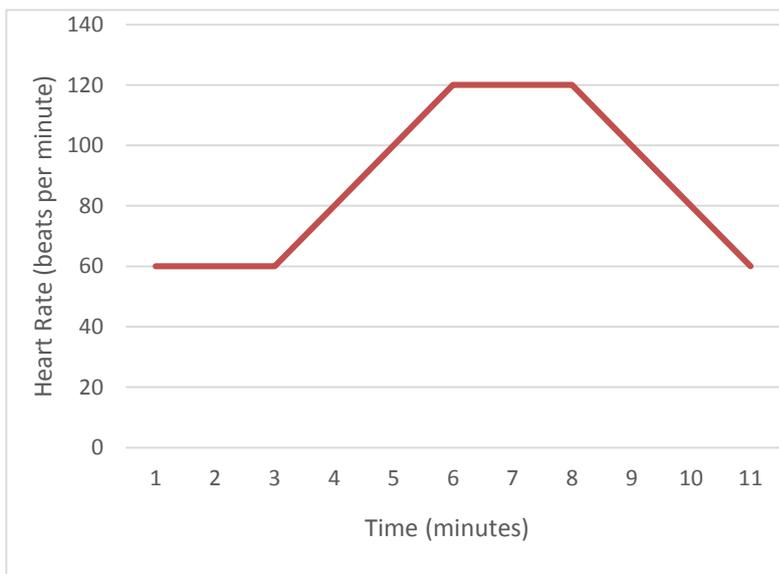
The main reason we warm up before activity is to prepare our body for the activity and to **reduce the chance of injury.**

Heart Rate and Exercise

- Heart rate is the number of times the heart beats per minute (BPM)
- When we exercise our muscles need more oxygen/energy, so our heart rate increases to pump more blood (oxygen) to the muscles.

You will be asked to interpret a heart rate graph.

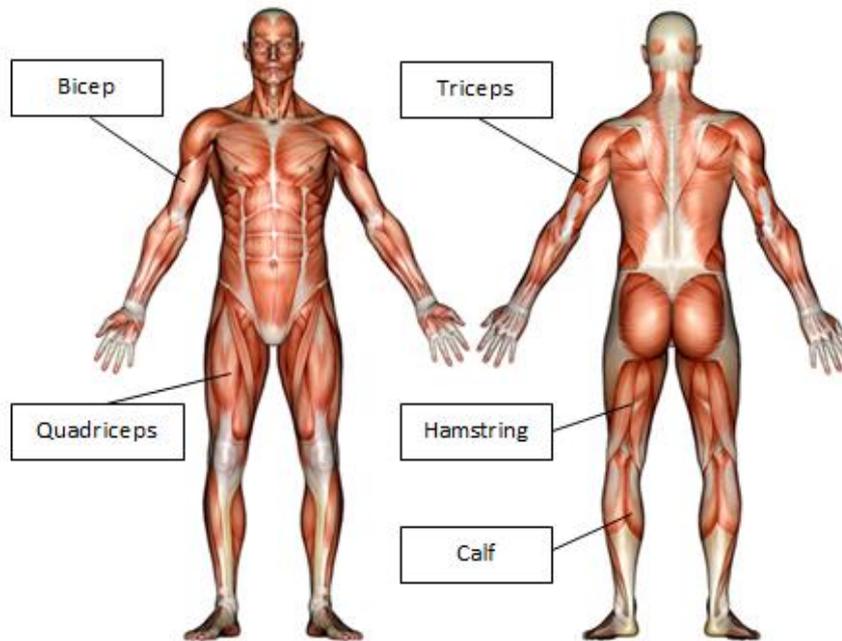
For example:



- The subject's resting heart rate is 60bpm
- They start exercising after 3 minutes
- Their heart rate goes up to 120bpm
- Their training session finishes after 8 minutes and HR begins to decrease.

6. The Muscles

Pupils should be aware of the location of each of the following muscles.



8. Diet

A balanced diet is made up of **7 nutrients**

Macronutrients are the nutrients you need to consume in relatively large amounts.

Macronutrients		
Carbohydrates	<ul style="list-style-type: none">• Carbohydrates are our main source of energy.• If you do lots of exercise, you need more carbohydrates.• Found in pasta, rice, bread and potatoes	
Fat	<ul style="list-style-type: none">• Fats also give us energy• Found in fried food and cheese	
Protein	<ul style="list-style-type: none">• Protein helps to build muscle – it makes us strong• If you do lots of exercise, you need more protein.• Found in meat, cheese, eggs and Quorn.	

Micronutrients	
Fibre	<ul style="list-style-type: none">• Helps digestion
Vitamins	<ul style="list-style-type: none">• Essential for good health
Minerals	<ul style="list-style-type: none">• Essential for good health
Water	<ul style="list-style-type: none">• Prevents dehydration• Replaces water lost through sweat during exercise