

# Year 7 Physical Education Knowledge Map

Organisation  
Healthy Lifestyle

- Year 7 Knowledge Concepts: Focus – Healthy Lifestyle & Organisation
- Baseline assessment for motor competency
  - The importance of Physical Education
  - Reasons for exercise. Benefits of exercise. Physical effects of exercise
  - Being organised within PE
  - Key health and safety rules within PE
  - The Importance of respect within Physical Education, Sport and School life
  - How to become more resilient within Physical Education and Sport and School life

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| CORE PE- Year 7 | Topic(s):   | Key Concepts Explored: <b>Organisation &amp; Healthy Lifestyle</b><br>Baseline assessment for motor competency<br>- The importance of Physical Education<br>- Reasons for exercise. Benefits of exercise. Physical effects of exercise<br>- Being organised within PE<br>- Key health and safety rules within PE<br>- The Importance of respect within Physical Education, Sport and School life<br>- How to become more resilient within Physical Education and Sport and School life  |     |
|                 | <b>Organisation</b><br><u>Big Question: "Why is Organisation So Important In Sport " ?</u><br><br><b>SQ : Why is important to have the correct PE Kit.?</b> <ul style="list-style-type: none"> <li>• Correct PE kit means everyone is consistent and following the same rules.</li> <li>• PE kit improves your sporting performance clothing, footwear and safety equipment</li> <li>• PE kit is important for personal hygiene</li> </ul> <b>SQ: Why are rules and routines key in PE.?</b> <ul style="list-style-type: none"> <li>• What are they key routines we follow in PE pre lesson (lining up, registers etc and why is this important)</li> <li>• Why is listening so important for rules and routines</li> <li>• Why is it important everyone follows routines in sport.</li> <li>• What are the rules and routines for our sport – how could this be different or the same ?</li> </ul> <b>SQ: How can I help others be organised in PE?</b> <ul style="list-style-type: none"> <li>• How can I support others within PE. Supporting others with their learning, working as part of a team .</li> <li>• Helping staff with equipment</li> <li>• How does being organised help with the smooth flow of a lesson (start of the lesson, during and end)</li> <li>• How does being organised improved both my but others sporting performance. Ie: correct equipment – (boots in football)</li> </ul> | <b>Remembered Knowledge</b> (knowledge that must be retained and remembered over time)<br><br><b>Importance of Physical Education</b><br>Physical benefits<br>Mental/wellbeing benefits<br><br><b>How to prepare for physical exercise</b><br>How to dress for physical exercise<br>How to warm up correctly<br>How to avoid injury<br><br><b>Warm Up</b><br>What is a warmup, why is it important and how can it be done correctly?<br>How to warm up the body physically.<br>How to warm up our brains and working memory<br><br><b>Key Vocabulary</b><br>Health Mental Fitness Hygiene Warm Up<br>Long term fitness. Extra curricular. | Ref |

**SQ: Why is the teacher being organised so important in PE?**

- *What happens if the teacher isn't organised with equipment – (lack of organisation / flow of lesson is affected)*
- *What is the key equipment needed to teach effectively*
- *How can I help with ensuring the lesson is organised and runs smoothly*
- *How does the teacher being organised affect the learning environment*
- *How by working together can we improve our learning and knowledge*

**SQ: How are different sports affected by organisation?**

- Compare and contrast your term one and term two sports. How does the organisation change or stay the same?
- How does the equipment used affect organisation
- How does communication we use affect organisation
- What is meant by verbal and non verbal communication and how can we use that affectively in PE and to develop our learning.

**SQ: How can I become more organised in PE?**

- *Why are rules and routines so important in PE*
- *Why is planning so important in PE*
- *Can you deliver a warm up or small skill to your group and how could you do this affectively ?*

**Remembered Knowledge** (knowledge that must be retained and remembered over time)

**Making sure you are Organised and ready to learn in lessons.**

**Organisation**

Full PE Kit – Top, Shorts, Skorts, Jumper, Leggings

Health and safety- Jewellery, Nails, Hair, Equipment.

**Key Questions**

How does organisation affect both your and others performance and outcomes.

How can I support others to be organised.

How can I be prepared to learn and progress

**Key Vocabulary**

Organisation.

Rules

Routines

Decision making

**Explicit Knowledge** (Working knowledge to be explicitly taught within the topic)

How can you lead a healthy lifestyle as an individual

What factors contribute to a healthy lifestyle

How does physical fitness improve your mental fitness

What can I do to improve my own personal fitness

## **Term 2**

### **Healthy Lifestyle**

#### **Big Question: "How Can I Develop A Healthy Lifestyle?"**

#### **SQ: Why is PE so important in having a healthy lifestyle?**

- *What are the key rules and routines in PE and why is this so important in living a healthy lifestyle*
- *Clothing – Correct PE kit. Standards and Expectations getting changed.*
- *How does PE develop your Physical development. Social Development / Emotional Development*

#### **SQ: Why is a warm up key in PE?**

- *What are the key areas of a warm up, Pulse raising, mobility, flexibility and dynamic stretching.*
- *What is the purpose of a warm up (Physical and Mental) and how can a warm up improve your physical performance.*

#### **SQ: What is meant by personal hygiene?**

- *Personal hygiene includes taking care of the body, skin, hair, eyes, teeth, legs, as well as our clothes. How does PE do this effectively*
- *Why is it important we wear a PE kit*
- *How can personal hygiene affect performance. (For example sport clothing in summer and winter) under armour , light clothing.*

#### **SQ: How can doing PE help my mental fitness?**

- *How does PE help your mental fitness , by releasing endorphins which make us feel good.*
- *By achieving success in sport this can lead to continuing PE and looking to improve and get better.*
- *Goal setting can be used to try and improve.*
- *PE is so important for social development and emotional development feeling a sense of belonging.*

**Remembered Knowledge** (knowledge that must be retained and remembered over time)

#### **Importance of Physical Education**

Physical benefits

Mental/wellbeing benefits

#### **How to prepare for physical exercise**

How to dress for physical exercise

How to warm up correctly

How to avoid injury

#### **Warm Up**

What is a warmup, why is it important and how can it be done correctly?

How to warm up the body physically.

How to warm up our brains and working memory

#### **Key Vocabulary**

Health Mental Fitness Hygiene Warm Up

Long term fitness. Extra curricular.

**Remembered Knowledge** (knowledge that must be retained and remembered over time)

**Making sure you are Organised and ready to learn in lessons.**

**SQ: How can I lead a healthy lifestyle through PE and Sport?**

- *How does sport develop your physical fitness. (Muscular development / Bone Density Cardiovascular system)*
- *How can sport improve my mental fitness*
- *How can sport develop my emotional fitness*

**SQ: What do I need to do to further improve my fitness?**

- *How can I develop my own fitness – by increasing my fitness what ways can we do this*
- *Why is extra curricular a good way to improve my fitness*
- *What changes can I do to lead a healthier lifestyle – ie: walking, swimming, cycling*
- *What clubs could I join locally to improve my fitness*
- *What changes could I do to my diet to improve my fitness?*

**Explicit Knowledge** (Working knowledge to be explicitly taught within the topic)

- \* **Why is organisation so important to PE**
- \* **How by being organised will it improve my sporting performance**
- \* **How can I help and support others with being organised**
- \* **How can I control my emotions if things don't go as planned**

**Organisation**

Full PE Kit – Top, Shorts, Skorts, Jumper, Leggings

Health and safety- Jewellery, Nails, Hair, Equipment.

**Key Questions**

How does organisation affect both your and others performance and outcomes.

How can I support others to be organised.

How can I be prepared to learn and progress

**Key Vocabulary**

Organisation.

Rules

Routines

Decision making

# Year 8 – Physical Education – Knowledge Map

## Year 8 Knowledge Concepts:

Diet and Nutrition

Problem Solving

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| <b>CORE PE- Year 8</b> | <p><b>Topic(s):</b><br/>           Diet and Nutrition<br/>           Problem Solving<br/> <b>Diet and Nutrition</b><br/> <b>What are the key components of a balanced diet</b><br/> <b>How does diet change according to the sport you are performing</b><br/> <b>What is the function of different food groups and how are they used within sport</b><br/> <b>Why is understanding calories important within sport</b><br/> <b>How does the time of day affect your food intake</b><br/> <b>How does hydration have a key part in sporting performance</b><br/> <b>Problem Solving</b><br/>           What strategies are needed to overcome problem<br/>           How can you work as a team to overcome problems<br/>           What processes are needed to overcome problems</p> | <p><b>Key Concepts Explored:</b><br/> <b>Diet &amp; Nutrition</b><br/>           How can diet affect sporting performance<br/>           What are the key components of food and nutrition<br/>           How do different sportspeople use nutrition to affect sporting performance<br/>           How does hydration affect sporting performance<br/>           How do sportspeople use nutrition to maximise performance<br/>           How can I use information on diet and nutrition to improve my own personal fitness<br/> <br/> <b>Problem Solving</b><br/>           How can you work as a team to overcome problems.<br/>           How can you use tactics to improve sports performance<br/>           What are the key qualities needed to overcome problems successfully<br/>           How can I use problem solving skills both individually and within a team setting<br/>           How can I help others develop their problem solving skills.</p> |
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| <p><b><u>Diet and Nutrition</u></b></p> <p><b>Explicit Knowledge</b> (Working knowledge to be explicitly taught within the topic)</p> <p>The different types of food groups<br/> What % of each food group do both the public and athletes have.<br/> 55% carbohydrates – 30% Fats 15% protein - Standard Person<br/> 60% Carbohydrates – 20% Fat 20% Protein - Athlete<br/> How many calories should be consumed each day &amp; how would this change for an athlete.<br/> 2,000 Female – 2,500 Man)<br/> (How many litres of fluid should be consumed each day. How would that change if playing sport<br/> (2 Litres per day . More when exercising)<br/> How does nutrition significantly affect sporting performance. (The role of each of the food groups)</p> <p><b><u>BQ: Why is Diet and Nutrition So Important In Sport?</u></b></p> <p><b>SQ: Why are carbohydrates important in Physical performance?</b></p> <ul style="list-style-type: none"> <li>• <i>What is the role of carbohydrates (Simple and complex) Providing examples</i></li> <li>• <i>How would sportspeople use these affectively linked in to sport (Compare and contrast ie: sprinting / distance</i></li> <li>• <i>What is carboloading and how does this help with sporting performance</i></li> </ul> <p><b>SQ: Why is protein key to physical performance?</b></p> <ul style="list-style-type: none"> <li>• <i>What is the role of protein (Muscle growth repair and regrow)</i></li> <li>• <i>What are the examples of protein – Fish / Meat /</i></li> <li>• <i>How can you consume protein if you are a vegetarian / Vegan – Eggs Soya Beans etc</i></li> <li>• <i>Protein Supplements and Shakes – Why do athletes take these (Absorb in bloodstream quicker) providing additional protein.</i></li> </ul> | <p><b>Remembered Knowledge</b> (Knowledge that must be remembered and maintained over time)</p> <p>Carbohydrates<br/> Fats<br/> Proteins<br/> Fibres<br/> Vitamins and Minerals functions</p> <p>Why would different athletes use each food group to improve their performance</p> <p>How can hydration affect sporting performance (Physical and Mental)</p> <p>What factors could affect your diet and nutrition intake and sporting performance. (Diabetes / Vegan / Vegetarian)</p> <p><b>Key Vocabulary (that must be explicitly taught to help students to understand)</b></p> <p>Carbohydrates<br/> Fats<br/> Protein<br/> Calories<br/> Hydration<br/> Balanced Diet<br/> High Protein Diet<br/> Carboloading</p> | <p>Ref.</p> |
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**SQ: Why are Fats important in Physical Performance?**

- *Can you provide examples of Fats : ie: Cakes / Fried Food*
- *The role of fats – secondary source of energy*
- *Important for weight gain – athletes will look tyo increase their weight (Boxing / Shot Putters)*
- *Also long distance athletes – Mo Farah / Micheal Phelps 15,000 calories per day when competing.*

**SQ: Why is fluid intake important in sporting performance?**

- *What is the purpose of fluids – hydration*
- *How can fluids help performance – physically help with movement. Mentally more aware and going to make better decisions*
- *How much fluids should you drink per day – 2 litres*
- *How do sports people use fluids – ie: drinking little and often*

**SQ: What is meant by the term carbo-loading?**

- *Carbo-loading means eating a high amount of carbohydrates a few days before a event. This energy is then stored in the body's system and can then be used to provide extra energy on the day of the event, as this energy is then slowly released.*
- *What athletes would use this – long distance athletes*
- *What would be a good meal to have – Breakfast / Dinner / Tea*

**SQ: How do different sports use nutrition to improve sporting performance?**

- *What is the role of Proteins / Fats and Carbohydrates*
- *Why is water so important for performance*
- *How do different sports use these affectively in order to improve their performance*
- *Based on the information over this term. What changes could you do to improve your nutrition linking in with physical fitness?*



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| <p><b><u>Problem Solving</u></b></p> <p><b>Explicit Knowledge</b> (Working knowledge to be explicitly taught within the topic)</p> <p>How problem solving is a key part of sport<br/> Tactics are a way used by sportspeople to overcome problems<br/> Listening and communication are key skills needed with problem solving.<br/> Decision making is key to overcoming problems.</p> <p><b><u>BQ: “ Why is Problem Solving So Important In Sport ?</u></b></p> <p><b>SQ: Why is there a big correlation between sport and problem solving ?</b></p> <ul style="list-style-type: none"> <li>• <i>How do you solve problems in sport – tactics (Examples individual / team / opposition)</i></li> <li>• <i>What are the different problems you may face in sport ie: Red card down to 10 men.</i></li> <li>• <i>Missing a key player what could you do?</i><br/> <i>The opponents have a real strength how can you adapt and overcome this?</i></li> </ul> <p><b>SQ: How can you use tactics to overcome problems?</b></p> <ul style="list-style-type: none"> <li>• <i>What is meant by tactics and when do you use these in sport ?</i></li> <li>• <i>What are the different tactics associated with your activity ?</i></li> <li>• <i>Who decides in a game what tactics to use?</i></li> </ul> <p><b>SQ: What role does a manager or coach play in problem solving ?</b></p> <ul style="list-style-type: none"> <li>• <i>Why is a manager or coach so important in sports ?</i></li> <li>• <i>What happens if you disagree with the manager or coach ?</i></li> <li>• <i>What role does a captain have in a team and why is this so important ?</i></li> </ul> | <p><b>Remembered Knowledge</b> (Knowledge that must be remembered and maintained over time)</p> <p>Listening and communication are key factors that are needed to overcome problems.</p> <p>There are different ways to make a decision. (Instinctive / team decision / individual )</p> <p>Mistakes happen and you can get decisions wrong. Learning from your mistakes is so important to learning and progress.</p> <p>You may disagree with a leader or the group in their decision. But respect their decision and be part of the team</p> <p><b>Key Vocabulary (that must be explicitly taught to help students to understand)</b></p> <p>Problem solving<br/> Decision making<br/> Tactics<br/> Listening<br/> Communication<br/> Reflect and review<br/> mistakes</p> | <p>Ref.</p> |
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**SQ: What role does communication and listening play in problem solving ?**

- *What is meant by verbal communication and non verbal communication ?*
- *Why is the language used so important in communication – how does this change according to age or ability ?*
- *Why are affective teams affective communicators ?*

**SQ: How does problem solving change for an individual sportsperson or team ?**

- *How may a individual sportsperson use problem solving – Tennis player / Athlete over a Footballer ?*
- *What skills do you need to be good at problem solving , and how will that improve a team and your performance ?*

**SQ: What interpersonal qualities do you need to overcome problems, and how do you further develop these?**

- *Students will perform game related activities. In that the teacher will adapt and provide scenarios which mean that the team or individual has to think and use problem solving. For example in football one team could not speak – developing listening and using non verbal information.  
Teacher to adapt pitch sizes / equipment and activities and scenarios linked in to ability and group dynamics. The key being can students work individually and as a team to overcome problems.*

# Year 9 Components of Fitness Knowledge Map

Year 9 Knowledge Concepts:  
Components of Fitness

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| CORE PE- Year 9  | <b>Topic(s):</b><br>Components of Fitness   | <b>Key Concepts Explored:</b><br>Components of Fitness<br>Training Methods             |      |  |
|  | <b>Explicit Knowledge</b> (Working knowledge to be explicitly taught within the topic)<br><br>The terminology for the different components of fitness – Endurance / Power / Flexibility / Speed / Power<br>How different components of fitness can be developed through sport<br>How within team sports different positions may need different components of fitness more than others<br>Components of fitness can be further developed through specific training.<br>By focusing on key components of fitness, sporting performance will be improved.<br><br>It is key students know about components of fitness and how these can be developed through sport. | <b>Remembered Knowledge</b> (knowledge that must be retained and remembered over time) | Ref. |  |
| <b>Big Questions</b><br><b>Component of Fitness</b><br><br><b>BQ: What Are The Components of Fitness In Sport?</b><br><br><b>SQ Why is muscular endurance so important in sport?</b> <ul style="list-style-type: none"> <li>Students will develop knowledge of muscular endurance, understanding the key terminology and how this is used within sport. Students will look at when it is used within sport and how it is needed within different sports comparing and contrasting. Students will begin to look at training methods linked in to this and how through training, students can further develop their muscular endurance.</li> </ul> <b>SQ Why is cardiovascular endurance so important in sport?</b> <ul style="list-style-type: none"> <li>Students will develop knowledge of cardiovascular endurance, understanding the key terminology and how this is used within sport. Students will look at when it is used within sport and how it is needed within different sports comparing and contrasting. Students will begin to look at training methods linked in to this and how through training, students can further develop their muscular endurance.</li> </ul> <b>SQ Why is power key in sporting performance?</b> <ul style="list-style-type: none"> <li>Power = speed x strength. Students will look at how power is used within sport, and how this is key to sporting performance. Students will look at different ways in which they can develop power in sport and how different sports use power in different ways, and even within different positions in team sports.</li> </ul> |   |  |      |  |

**SQ Why is flexibility important within sporting performance?**

- *Flexibility = range of movement around a joint. Students will look at how flexibility is used within sport, and how this is key to sporting performance. Students will look at different ways in which they can develop flexibility in sport and how different sports use flexibility different ways, and even within different positions in team sports.*

**SQ Why is speed so important within sporting performance?**

- *Speed = The ability to move all or part of the body as quickly as possible. Students will look at how flexibility is used within sport, and how this is key to sporting performance. Students will look at different ways in which they can develop flexibility in sport and how different sports use flexibility different ways, and even within different positions in team sports.*

**SQ How Does Components Of Fitness Change According To Different Sports?**

- *Students will use their knowledge they have developed over this topic linking in to components of fitness. Students will identify how they can improve their own fitness, and how different components of fitness can be adapted and used within sport. Students will compare different sports looking at how they use this affectively. Students will compete a series of activities linked in to their sport covering different aspects of components of fitness. (Teacher led) this is designed to assess students knowledge.*

**Key Vocabulary (that must be explicitly taught to help students to understand)**

Power , Speed , Cardiovascular Endurance , Muscular Endurance , Flexibility