

### KS3 THEORY AREAS 2016-17

Please cover the following areas with your class based on what is demanded by the OCR Spec and the textbook. These are the areas that will be looked at for I/L and both areas per term will be tested in end of terms tests

|              | <b>7</b>                                      | <b>8</b>                            | <b>9</b>  |
|--------------|---|-------------------------------------|---|
| <b>Aut 1</b> | <b>Risk Assessment and injury prevention</b>  | <b>Joints and types of movement</b> | <b>Ethics in sport</b>                              |
| <b>Aut 2</b> | <b>SMART targets and goals setting</b>        | <b>Components of fitness 1</b>      | <b>Drugs in sport</b>                               |
| <b>Spr 1</b> | <b>Bones and the function of the skeleton</b> | <b>Components of fitness 1</b>      | <b>Principles of Training</b>                       |
| <b>Spr 2</b> | <b>Muscular system</b>                        | <b>Cardiovascular System</b>        | <b>Short term and long-term effects of exercise</b> |
| <b>Sum 1</b> | <b>Aerobic and Anaerobic exercise</b>         | <b>Respiratory system</b>           | <b>Levers and planes</b>                            |
| <b>Sum 2</b> | <b>Review of all of the above</b>             | <b>Review of all of the above</b>   | <b>Review of all of the above</b>                   |