

SUMMER 2017 PHYSICAL EDUCATION PRE LEARNING

During the summer holidays the P.E. department would like you to further develop your theory knowledge through looking at the various different theory area worksheets on Fronter for the upcoming year.

As you will be aware your theory tests in year 8 will involve you retaining the content of year 7. In Year 9 you will need to retain all of year 7 and 8's content alongside the new year 9. To get to these please:

Log onto Fronter → Year group room e.g. PE year 7 → Student resources

YR 7	YR 8	YR 9
Risk Assessment and injury prevention	Joints and types of movement	Ethics in sport
SMART targets and goals setting	Components of fitness	Drugs in sport
Bones and the function of the skeleton	Components of fitness	Principles of Training
Muscular system	Cardiovascular System	Short term and long-term effects of exercise
Aerobic and Anaerobic exercise	Respiratory system	Levers and planes