

# High Tunstall College of Science Curriculum Intent

Subject: Theory Year: Y7



## Topic: Year 7 Theory

	Theory content	Progress		
Topic	Key ideas	R	A	G
Developing theory knowledge	Bones			
	Bones			
	Bones			
	Participation			
	Warm up and Cool Down			
	Warm up and Cool Down			
	Immediate effects of exercise			
	Theory test			

Lesson	Learning Focus	Assessment	Key Words
1	Students to learn the correct terminology and locations of the bones. Revise and recap task set. Quiz style questions.	Work submitted by students. End of unit test.	Bones, functions, skeleton
2	Identify the functions of the skeleton- Students to be able to recall the 6 functions of the skeleton.	Work submitted by students. End of unit test.	Red blood cells, protection, movement, joints
3	Embedding bones. Students to use understanding from the topic to link to sporting contexts.	Work submitted by students. End of unit test.	Functions, red blood cells, movement, joints
4	Students to understand the different categories/barriers that affect participation in sport. Extended writing task.	Work submitted by students. End of unit test.	Participation, barrier, age, gender, ethnicity
5	Warm up and cool down- Students to understand the different components of a warm up and cool down.	Work submitted by students. End of unit test.	Warm up, cool down, stretches, heart rate
6	Students to design a warm up appropriate for a sport of their choice. Students should use the structure previously learned to develop their warm up	Work submitted by students. End of unit test.	Static stretches, dynamic stretches, oxygen, breathing
7	Identify the immediate effects of exercise. Students to understand the physiological changes that occur to the body when starting to exercise.	Work submitted by students. End of unit test.	Sweating, heavy breathing, warm up
8	Recap and test- Students to use revision material to revise visited topics. Students to complete end of unit test.	Work submitted by students. End of unit test.	Sweating, heavy breathing, warm up, Functions, red blood cells, movement, joints, Participation, barrier, age, gender, ethnicity