

High Tunstall College of Science Curriculum Intent

Subject: Theory Year: Y8



Topic: Year 8 Theory

| | Theory content | Progress | | |
|-----------------------------|--|----------|---|---|
| Topic | Key ideas | R | A | G |
| Developing theory knowledge | Methods of training– Identifying different methods of training/ | | | |
| | Methods of training– Understanding the different methods | | | |
| | Training principles– Understanding the different principles of training. | | | |
| | Fitness testing– Identify the different fitness test associated with the component of fitness. | | | |
| | Fitness testing– Students to take part in all fitness tests. | | | |
| | Injury prevention in sport– Methods to reduce injury | | | |

| Lesson | Learning Focus | Assessment | Key Words |
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| 1 | Students to understand the different methods of training. | Work submitted by students. End of unit test. | Circuit, interval, continuous |
| 2 | Students to learn which methods of training suit each specific sport. | Work submitted by students. End of unit test. | Fartlek, weight, plyometrics |
| 3 | Students to understand the key terms associated with the principles of training. Students to develop an understanding of how the principles of training are used to create a training programme. | Work submitted by students. End of unit test. | Specificity, progressive over-load, reversibility, tedium |
| 4 | Students to research and take part in different fitness tests. Students to develop an understanding about which test is used for each component of fitness. | Work submitted by students. End of unit test. | Validity, reliability, protocol |
| 5 | Students to research and take part in different fitness tests. Students to develop an understanding about which test is used for each component of fitness. | Work submitted by students. End of unit test. | Results, accuracy |
| 6 | Identify the different methods to reduce injury in sport. Including measures to reduce injury before, during and after sport. | Work submitted by students. End of unit test. | Warm up, cool down, spotting, equipment. |
| 7 | Students to create poster/ leaflet outlining the different ways to prevent injury in sport. | Work submitted by students. End of unit test. | Safety, protocol, spotting |
| 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. | |