

# PE: Year 10 and Year 11 Course Outline



|                     | TOPIC   | CONTENT   |
|---------------------|---|---|
| Year 10 and Year 11 | <b>1.1.1 – Healthy, Active Lifestyles and how they could benefit you</b>      | What is a healthy, active lifestyle?<br>The impact Physical Activity can have on an individual throughout the 3 elements of healthy active lifestyle<br>What is aesthetics?<br>Definition of Health |
|                     | <b>1.1.2 – Influences on your healthy, active lifestyle</b>                   | 5 Key influences and the components of these<br>Opportunities within Sport, Participation Pyramid<br>Government Initiatives, Ways to stay involved  |
|                     | <b>1.1.3 – Exercise and fitness as part of your healthy, active lifestyle</b> | Define Health, Fitness & Exercise<br>5 Components of Health-Related Exercise<br>6 Components of Skill-Related Exercise<br>Sporting examples for all and why some are more suited to certain sports  |
|                     | <b>1.1.4 - Physical activity as part of your healthy, active lifestyle</b>    | PARQ Form<br>Use of exercise programmes and the different ones available<br>Principles of Training, FITT Principle<br>Goal Setting, SMART Targets<br>Methods of Training                            |
|                     | <b>1.1.5 – Your Personal Health and Well Being</b>                            | Understand link between exercise, diet, work and rest<br>Balanced Diet<br>Importance of the components of a balanced diet<br>Dietary intake and blood flow  |
|                     | <b>1.2.1 – Physical activity and your healthy mind and body</b>               | Somatotypes<br>Influences on Participation and Weight<br>Anorexia, obesity, over fat, overweight & underweight<br>Smoking & Alcohol<br>Drugs in Sport, Risks  |
|                     | <b>1.2.2 – Healthy, active lifestyle and your cardiovascular system</b>       | Impact on your cardiovascular system through: exercise and physical activity<br>Short & long term effects<br>Rest, Diet<br>Effects of drugs on heart and cardiovascular system                      |
|                     | <b>1.2.3 – Healthy, active lifestyle and your respiratory system</b>          | Impact on your respiratory system of:<br>Exercise and physical activity<br>Short & long term effects of exercise<br>Effects of regular participation, Effect of Drugs                               |
|                     | <b>1.2.4 – Healthy, active lifestyle and your muscular system</b>             | Role of muscular system, Major muscle groups<br>Role of movement, Short & long term effects of exercise<br>Injuries, Rest, Drugs & Diet   |
|                     | <b>1.2.5 – Healthy, active lifestyle and your skeletal system</b>             | Role of the skeletal system<br>Function of the skeletal system<br>Movement, Effects of exercise<br>Weight bearing exercise<br>Injuries and dealing with them, Diet                                  |
|                     | <b>1.2.1 – Physical activity and your healthy mind and body</b>               | Somatotypes, Influences on Participation and Weight<br>Anorexia, obesity, over fat, overweight & underweight<br>Smoking & Alcohol, Drugs in Sport, Risks  |
|                     | <b>1.2.2 – Healthy, active lifestyle and your cardiovascular system</b>       | Impact on your cardiovascular system through: exercise and physical activity<br>Short & long term effects<br>Rest, Diet<br>Effects of drugs on heart and cardiovascular system                      |