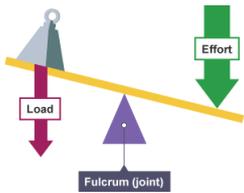
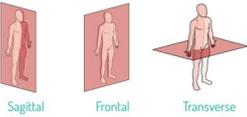
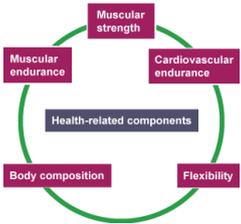




# Year 9 Physical Education GCSE Curriculum



Term	Curriculum content
<p><b>Michaelmas 1</b></p> 	<p><b>Musculoskeletal System:</b></p> <ul style="list-style-type: none"> <li>Learn the structure and functions of the skeleton.</li> <li>Understand the structure and functions of synovial joints.</li> <li>Understand the movements involved at different joints.</li> <li>Learn the muscular system and function of these muscles.</li> </ul> <p><b>Cardio- Respiratory System:</b></p> <ul style="list-style-type: none"> <li>Understand the pathway of air into and out of the lungs.</li> <li>Understand gaseous exchange and the function/structure of the blood vessels.</li> </ul>
<p><b>Michaelmas 2</b></p> 	<p><b>Cardio- Respiratory System:</b></p> <ul style="list-style-type: none"> <li>Learn the structure of the heart</li> <li>Understand the order of the cardiac cycle and the pathway of the blood through the heart.</li> <li>Understand the terms, cardiac output, stroke volume, heart rate and the relationships between them.</li> <li>Understand the mechanics of breathing as the interaction of the intercostal muscles, ribcage and diaphragm.</li> </ul>
<p><b>Lent 1</b></p> 	<p><b>Cardio- Respiratory System:</b></p> <ul style="list-style-type: none"> <li>Understand and interpret lung volumes through spirometer traces.</li> </ul> <p><b>Aerobic and Anaerobic Exercise:</b></p> <ul style="list-style-type: none"> <li>Understand the idea of aerobic and anaerobic exercise during differing intensities.</li> <li>Understand the recovery process from vigorous exercise in terms of EPOC/oxygen debt.</li> <li>Understand methods to help recover from strenuous exercise.</li> <li>Understand the immediate, short term and long term effects of exercise.</li> </ul>
<p><b>Lent 2</b></p> 	<p><b>Movement Analysis:</b></p> <ul style="list-style-type: none"> <li>Understand the different classes of levers found in the body.</li> <li>Understand the mechanical advantages of different lever systems.</li> <li>Understand how muscles contract and work to cause movements.</li> </ul>
<p><b>Trinity 1</b></p> 	<p><b>Movement Analysis:</b></p> <ul style="list-style-type: none"> <li>Understand the planes and axes of different movements.</li> <li>Understand the types of movements that occur at different joints.</li> <li>Understand the names of the muscles causing movements at different joints.</li> </ul> <p><b>Physical Training:</b></p> <ul style="list-style-type: none"> <li>Learn the relationship between health and fitness</li> </ul>
<p><b>Trinity 2</b></p> 	<p><b>Physical Training:</b></p> <ul style="list-style-type: none"> <li>Learn about the different components of fitness linked to sporting examples.</li> <li>Reasons and limitations for carrying out fitness tests.</li> <li>The protocol and procedures which should be followed when carrying out fitness tests.</li> </ul>