


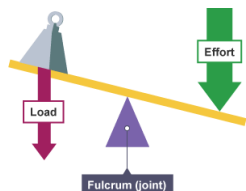
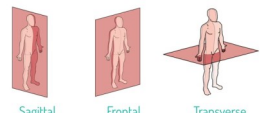
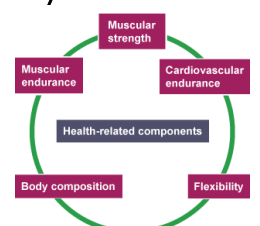




Year 9 Physical Education GCSE Curriculum



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