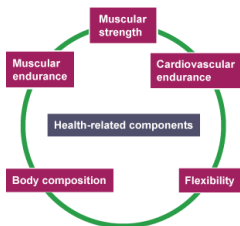


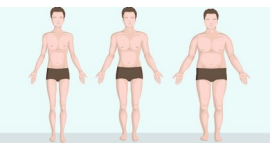

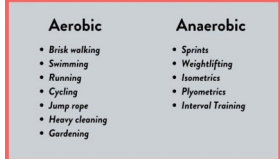




Year 9 Physical Education GCSE Curriculum



Term	Curriculum content
Michaelmas 1 	<u>Physical Training:</u> <ul style="list-style-type: none"> • Training Methods • Learn about the different components of fitness • Link components of fitness to sporting examples. • Reasons and limitations for carrying out fitness tests. • The protocol and procedures which should be followed when carrying out fitness tests.
Michaelmas 2 	<u>Physical Training:</u> <ul style="list-style-type: none"> • Learn the relationship between health and fitness • How qualitative and quantitative data can be gained and used when fitness testing. • The principles of training and overload and how they can be applied to training programmes. • The varying training types and the advantages and disadvantages of using them. • How training can be structured into seasons. • The reasons for warming-up and cooling down.
Lent 1 	<u>Musculoskeletal System:</u> <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.
Lent 2 	<u>Health and Fitness:</u> <ul style="list-style-type: none"> • Linking participation in physical activity, exercise and sport to fitness, health and well-being. • How exercise can suit the varying needs of different people. • The consequences of sedentary lifestyle. • Obesity and how it may affect performance in physical activity and sport. • The most suitable body type (somatotypes) for particular sports (or positions within a sport).
Trinity 1 	<u>Health and Fitness:</u> <ul style="list-style-type: none"> • Reasons for having a balanced diet. • The role of carbohydrates, fat, protein, vitamins and minerals. • Reasons for maintaining water balance. • How energy is gained from food and used.
Trinity 2 	<u>Aerobic and Anaerobic Exercise:</u> <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.