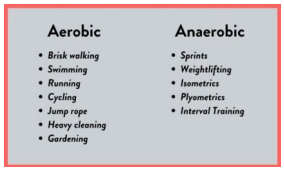
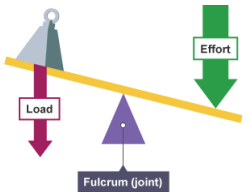
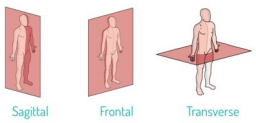
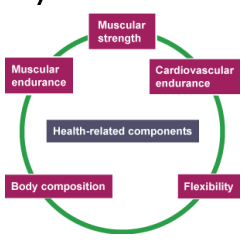
Year 9 Physical Education GCSE Curriculum

Term	Curriculum content
Michaelmas 1 	<u>Musculoskeletal System:</u> • 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. <u>Cardio- Respiratory System:</u> • Understand the pathway of air into and out of the lungs. • Understand gaseous exchange and the function/structure of the blood vessels.
Michaelmas 2 	<u>Cardio- Respiratory System:</u> • 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 	<u>Cardio- Respiratory System:</u> • Understand and interpret lung volumes through spirometer traces. <u>Aerobic and Anaerobic Exercise:</u> • Understand the idea of aerobic and anaerobic exercise during differing intensitites. • 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 	<u>Movement Analysis:</u> • 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 	<u>Movement Analysis:</u> • 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. <u>Physical Training:</u> • Learn the relationship between health and fitness
Trinity 2 	<u>Physical Training:</u> • 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.