

Year 9 (GCSE Physical Education) Curriculum Map

3.1 The human body and movement in physical activity and sport

	Autumn Term		Spring Term		Summer Term	
Unit Length	<u>Autumn 1</u> (8 weeks, 16 lessons) 3.1.1.1 The structure and functions of the musculoskeletal system	<u>Autumn 2</u> (7 weeks, 14 lessons) 3.1.1.2 The structure and functions of the cardio-respiratory system	<u>Spring 1</u> (6 weeks, 12 lessons) 3.1.1.3. Aerobic and anaerobic system 3.1.1.4 Short and long term effects of exercise	<u>Spring 2</u> (6 weeks, 12 lessons) 3.1.2. Movement analysis 3.1.3.1 & 3.1.3.2 Physical Training	<u>Summer 1</u> (6 weeks, 12 lessons) 3.1.3.3 Principles of Training	<u>Summer 2</u> (6 weeks, 12 lessons) 3.1.3.4 Optimise training and prevent injury 3.1.3.5 Warm up and cool down
	3.1.4 Use of data	3.1.4 Use of data	3.1.4. Use of data	3.1.4 Use of data	3.1.4. Use of data	3.1.4 Use of data
Links to the National curriculum/Assessment Objectives	<ul style="list-style-type: none"> • AO1: Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. • AO2: Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. • AO3: Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport. Linked to Paper 1.					
Description of the topic and key learning outcomes (key knowledge and understanding)	<p>Overview: DINs to focus on recalling prior knowledge and skills. Students should develop knowledge and understanding of the musculoskeletal system and how it impacts on health, fitness and performance in physical activity and sport.</p> <p>Outcomes: Pupils will be able to identify the locations</p>	<p>Overview: DINs to focus on recalling prior knowledge and skills. Students should develop knowledge and understanding of the cardio-respiratory system and how it impacts on health, fitness and performance in physical activity and sport.</p> <p>Outcomes:</p>	<p>Overview: DINs to focus on recalling prior knowledge and skills. Students should develop knowledge and understanding of the short and long term effects of exercise. Students should develop knowledge and understanding of the basic principles of movement and their effect on performance in physical activity and sport.</p>	<p>Overview: DINs to focus on recalling prior knowledge and skills. Students should develop knowledge and understanding of the principles of training and different training methods.</p> <p>Outcomes: Pupils will be able to identify lever systems, give examples of their use in activity and the mechanical advantage they provide in movement.</p>	<p>Overview: DINs to focus on recalling prior knowledge and skills. Students should develop knowledge and understanding of the principles of training and their application to personal exercise/training programmes.</p> <p>Outcomes: Pupils will be able to describe and explain the principles of training and overload.</p>	<p>Overview: DINs to focus on recalling prior knowledge and skills. Students should develop knowledge and understanding of how to optimise training and prevent injury. Students should develop knowledge and understanding of effective use of warm up and cool downs. Students should develop knowledge and understanding of data analysis in relation to</p>

	<p>of bones and muscles. Describe how the skeletal system provides a framework for movement.</p> <p>Pupils will be able to describe the structure and function of a synovial joint.</p> <p>They will be able to describe how muscles work antagonistically on the joints to affect movement in physical activity.</p> <p>Pupils will be able to demonstrate how data can be used to analyse and evaluate.</p>	<p>Pupils will be able to identify the pathway of air and the mechanics of breathing. They will be able to describe gaseous exchange at the alveoli and have knowledge of the roles of the blood vessels.</p> <p>Pupils will have an understanding of the cardiovascular system including the cardiac cycle and pathway of blood.</p> <p>Pupils will be able to demonstrate how data can be used to analyse and evaluate.</p>	<p>Outcomes: Pupils will have an understanding of the terms aerobic and anaerobic exercise.</p> <p>Students will develop knowledge of spirometer trace reading and the recovery process from vigorous exercise.</p> <p>Pupils will be able to demonstrate how data can be presented.</p>	<p>Pupils will be able to identify the relevant planes and axes of movement used whilst performing sporting actions.</p> <p>Pupils will be able to describe the relationship between health and fitness. They will be able to give definitions of the components of fitness.</p> <p>Pupils will be able to link sport and physical activity to the required components of fitness.</p> <p>Pupils will be able to give reasons for and limitations of fitness testing.</p> <p>Pupils will develop sound knowledge of the main procedures of the tests used to measure components of fitness.</p> <p>Pupils will be able to demonstrate how data is collected for fitness testing.</p>	<p>Pupils will be able to explain how the principles of training can be applied to bring about improvement in fitness.</p> <p>Pupils will have a sound understanding of the distinctions between different types of training.</p> <p>Pupils will be able to identify the advantages and disadvantages of training types linked to specific aims.</p> <p>Pupils will be able to demonstrate how data can be used.</p>	<p>key areas of physical activity and sport.</p> <p>Outcomes: Pupils will be able to calculate intensities to optimise training effectiveness.</p> <p>Pupils will have an understanding of the factors that should be taken into account in order to prevent injury.</p> <p>Pupils to understand how high altitude is carried out.</p> <p>Pupils will be able to describe and explain the constituent parts of warming up and cooling down.</p> <p>Pupils will be able to demonstrate an understanding of data are collected – both qualitative and quantitative.</p>
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Related Concepts (that are revisited)	Read and understand text book; understanding and using subject terminology e.g. structure and function of skeleton, bones and muscles e.g. quadriceps, hamstrings, bicep, triceps.	Recall subject terminology and applying it from Autumn 1. Read and understand text book; understanding of the muscular system E.g. agonist, antagonist, concentric, eccentric, synovial fluid, synovial membrane.	Recall subject terminology and applying it from Autumn 1 and 2. Read and understand text book; understanding of musculoskeletal system and cardiovascular system e.g. cardiac cycle, atrium, ventricles, aerobic, anaerobic. Practical application.	Recall subject terminology and applying it from Autumn term and Spring 1. Read and understand text book; understanding of musculoskeletal, cardiovascular and long and short term effects of exercise . E.g. planes, axes of movement, levers, mechanical advantage	Recall subject terminology and applying it from Autumn/Spring term. Read and understand text book; Understanding of musculoskeletal, cardiovascular and long and short term effects of exercise, components of fitness e.g. SPORT, FITT, Fartlek, interval training	Recall subject terminology and applying it from content throughout Autumn 1 & 2, Spring 1 & 2, Summer 1 e.g. Musculoskeletal system, Cardiorespiratory, Movement analysis, Principles of training and Physical training,
Skills being taught	AO1: Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. • AO2: Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. • AO3: Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.		AO1: Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. • AO2: Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. • AO3: Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.		AO1: Demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. • AO2: Apply knowledge and understanding of the factors that underpin performance and involvement in physical activity and sport. • AO3: Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.	
Milestone assessments	AC1 Past papers on Musculoskeletal system	AC2 Past papers on Musculoskeletal and Cardio-respiratory system.	AC3 Past papers on Musculoskeletal, Cardiorespiratory and Anaerobic/Anaerobic system, short and long term.	AC4 Past papers on Musculoskeletal, Cardiorespiratory and Anaerobic/Anaerobic system, movement analysis, short and long term and physical training.	AC5 Past papers on Musculoskeletal, Cardiorespiratory and Anaerobic/Anaerobic system, movement analysis, short and long term, physical training, Principles of Training, Optimise training and prevent injury, Warm up and cool down, Use of data	
Wider reading	GCSE Text, PE Journals, Newspaper articles		GCSE Text, PE Journals, Newspaper articles		GCSE Text, PE Journals, Newspaper articles	
Literacy programme	Spellings, key vocabulary, writing frames.		Spellings, key vocabulary, writing frames.		Spellings, key vocabulary, writing frames.	
Homework	Knowledge organisers & self-marking quizzes		Knowledge organisers & self-marking quizzes		Knowledge organisers & self-marking quizzes	