Year: 9	Curriculum Intent: Students will develop a firm understanding of the foundation topics in GCSE PE. Many of these topics will be about partially filling our					
Subject: GCSE	topics will re-appear and be built upon in Year 10 & 11. Therefore, Year 9 will be about partially filling our student's silos and ensuring that core foundation knowledge is explicitly taught, understood and consistently revisited. Students will develop their understanding through many real-world sporting examples to allow them to					
PE	build application skills and provide examples as an illustration. There will be a progression in skills as the content allows with students given the opportunity to engage in the more challenging extended writing questions as the content delivery and sequence allows.					
	Term 1 Section 1.2 – Physical Training Section 2.1 – Commercialisation of Physical Activity and Sport	Term 2 Section 2.1 – Socio-cultural Influences Section 1.1 – Applied Anatomy and Physiology	Term 3 Section 1.1 – Applied Anatomy and Physiology			
Topic Titles (in order of delivery)	1.Components of Fitness1.Prevention of Injury2.Principles of Training2.Physical Activity 3.3.Fitness Testing Training3.Participation4.Methods of TrainingFitnessFitness	1.Commer- cialisation1.Location of Major Bones2.Ethics in Sport2.Functions of the Skeleton3.Drugs and Violence3.Types and Components of Synovial Joint4.Types of Movement	 Location of Major Muscles Role of Muscles Axes of Rotation 			
Key knowledge / Retrieval topics	1.Cardiovascular Endurance, Muscular1.PPE, Warm Up, Cool DownMuscular Endurance, Speed, Strength, Power, Flexibility, Agility, Balance, Coordination, 	1.Golden triangle 2.1.Cranium, vertebrae, ribs, sternum, clavicle, scapula, pelvis, humerus, ulna, radius, carpals, stimulants3.Anabolic steroids, beta blockers, stimulants1.Cranium, vertebrae, ribs, sternum, clavicle, scapula, ulna, radius, carpals, metacarpals, femur, patella, tibia, fibula, tarsals, metatarsals2.Support, posture, protection, movement, blood cell	 Deltoid, trapezius, latissimus dorsi, pectorals, biceps, triceps, abdominals, quadriceps, hamstrings, gluteals , gastrocnemius Agonist, fixator Deltoid, trapezius, latissimus dorsi, pectorals, abdominals, transverse, longitudinal Ist class, 2nd class, 3rd class Frontal, transverse, longitudinal 			

Understanding / Sequence of delivery	 one rep max, standing jump, vertical jump, sit & reach, illinios, stork stand, wall throw, ruler drop Continuous, fartlek, interval, circuit, weight, plyometrics, HIIT Define and give sporting examples Define and apply to training program Set up and perform tests Evaluate and apply to components of fitness 	 Describe stages and give examples Research and give examples of role Explain impact and give examples 	 Define and evaluate impact Define and give sporting examples Define and describe potential impact 	 production , storage of minerals 3. Knee, elbow, shoulder hip, ligament, cartilage, tendons 4. Flexion, extension, rotation, abduction, adduction, circumduction 1. Name, spell and locate 2. Describe and give sporting examples 3. Locate and name bones involved 4. Describe and give sporting examples 	 Name, spell and locate Describe and give sporting examples 	 Name and give sporting examples Name and give sporting examples
Assessment	 Theory AO1 – MCQ/SAQ AO2 – SAQ with practical examples AO3 – LAQ with analysis Practical Range of Skills Quality of Skills 	 Theory AO1 – MCQ/SAQ AO2 – SAQ with practical examples AO3 – LAQ with analysis Practical Range of Skills Quality of Skills 	 Theory AO1 – MCQ/SAQ AO2 – SAQ with practical examples AO3 – LAQ with analysis Practical Range of Skills Quality of Skills 	 Theory AO1 – MCQ/SAQ AO2 – SAQ with practical examples AO3 – LAQ with analysis Practical Range of Skills Quality of Skills 	Theory AO1 – MCQ/SAQ AO2 – SAQ with practical examples AO3 – LAQ with analysis Practical Range of Skills Quality of Skills	 Theory AO1 – MCQ/SAQ AO2 – SAQ with practical examples AO3 – LAQ with analysis Practical Range of Skills Quality of Skills

 Physical Attributes Decision Making 	 Physical Attributes Decision Making Physical Attributes Decision Making 	 Physical Attributes Decision Making Physical Attributes Decision Making 	 Physical Attributes Decision Making
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