


Year: 9 Subject: GCSE PE	Curriculum Intent: Students will develop a firm understanding of the foundation topics in GCSE PE. Many of these 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 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 <i>Section 1.2 – Physical Training</i> <i>Section 2.1 – Commercialisation of Physical Activity and Sport</i>		Term 2 <i>Section 2.1 – Socio-cultural Influences</i> <i>Section 1.1 – Applied Anatomy and Physiology</i>		Term 3 <i>Section 1.1 – Applied Anatomy and Physiology</i>	
Topic Titles (in order of delivery)	<ol style="list-style-type: none"> 1. Components of Fitness 2. Principles of Training 3. Fitness Testing 4. Methods of Training 	<ol style="list-style-type: none"> 1. Prevention of Injury 2. Physical Activity 3. Participation 	<ol style="list-style-type: none"> 1. Commercialisation 2. Ethics in Sport 3. Drugs and Violence 	<ol style="list-style-type: none"> 1. Location of Major Bones 2. Functions of the Skeleton 3. Types and Components of Synovial Joint 4. Types of Movement 	<ol style="list-style-type: none"> 1. Location of Major Muscles 2. Role of Muscles 	<ol style="list-style-type: none"> 1. Lever Systems 2. Planes of Movement 3. Axes of Rotation
Key knowledge / Retrieval topics	<ol style="list-style-type: none"> 1. Cardiovascular Endurance, Muscular Endurance, Speed, Strength, Power, Flexibility, Agility, Balance, Coordination, Reaction Time 2. SPORT, FITT 3. Cooper, multi stage fitness test, press up, sit up bleep test, 30M sprint, hand grip dynamometer, 	<ol style="list-style-type: none"> 1. PPE, Warm Up, Cool Down 2. Sport England, NGB's, DCMS 3. Age, gender, ethnicity, religion, family, education, commitments, income, disability, opportunity, discrimination, climate, media, role models 	<ol style="list-style-type: none"> 1. Golden triangle 2. Sportsmanship, gamesmanship, deviance 3. Anabolic steroids, beta blockers, stimulants 	<ol style="list-style-type: none"> 1. Cranium, vertebrae, ribs, sternum, clavicle, scapula, pelvis, humerus, ulna, radius, carpals, metacarpals, phalanges, femur, patella, tibia, fibula, tarsals, metatarsals 2. Support, posture, protection, movement, blood cell 	<ol style="list-style-type: none"> 1. Deltoid, trapezius, latissimus dorsi, pectorals, biceps, triceps, abdominals, quadriceps, hamstrings, gluteals, gastrocnemius 2. Agonist, antagonist, fixator 	<ol style="list-style-type: none"> 1. 1st class, 2nd class, 3rd class 2. Frontal, transverse, sagittal 3. Frontal, transverse, longitudinal

