

## Year 9 PE Option – Key Stage 3:

### Intent:

The year 9 PE option aims to give students the knowledge to improve their understanding of some of the key factors that underpin sport and physical activity and prepare them for a lifelong involvement. The curriculum will aim to educate students further on the different body systems that are essential in sport and PA, how to live a healthy active lifestyle, how to optimise performance, the benefits of participating in sport and PA and how to do this safely and minimise the risks of injury. Students will learn through a range of methods that will help them to apply their knowledge to real life examples.

### Implementation:

Term	Year 9		
	Topic	Knowledge	Skills
Term 1	Structure and Functions of the Skeletal System	<ul style="list-style-type: none"> <li>• Location of Major Bones</li> <li>• Functions of the Skeleton</li> <li>• Types of a Synovial Joint</li> <li>• Types of movement at Hinge joints and Ball and Socket Joints</li> <li>• Other Components of Joints</li> </ul>	<ul style="list-style-type: none"> <li>• Identify the location/names of major muscles and bones in the body</li> <li>• Describe the location of major bones in the body</li> <li>• Explain the movement around a joint</li> <li>• Analyse the movement around a joint</li> <li>• Evaluate the movement around a joint and how it relates to sport</li> <li>• Identify the location of major muscles in the body</li> <li>• Describe the location and function of major muscles in the body</li> </ul>
	The structure and function of the Muscular System	<ul style="list-style-type: none"> <li>• Location of Major Muscle groups</li> <li>• The roles of Muscles in Movement</li> </ul>	<ul style="list-style-type: none"> <li>• Identify the key components of the respiratory and cardiovascular systems</li> <li>• Describe the key features of cardiovascular and respiratory systems/pathway of blood and air</li> </ul>
	The respiratory and cardiovascular systems	<ul style="list-style-type: none"> <li>• Structure and function of the Cardiovascular system</li> <li>• Structure and function of the respiratory system</li> <li>• Aerobic and Anaerobic Exercise</li> </ul>	<ul style="list-style-type: none"> <li>• Explain the pathway of blood and air around the body</li> <li>• Analyse why that is effective for sporting performance</li> </ul>
Term 2	Effects of Exercise on the Body	<ul style="list-style-type: none"> <li>• Short term effects of exercise</li> <li>• Long term effects of exercise</li> </ul>	<ul style="list-style-type: none"> <li>• Identify the different effects of exercise on the human body</li> <li>• Describe the different effects of exercise</li> <li>• Explain the results of both long and short term effects of exercise</li> </ul>
	Components of Fitness	<ul style="list-style-type: none"> <li>• The different components of fitness</li> </ul>	<ul style="list-style-type: none"> <li>• Identify the different components of fitness</li> <li>• Describe the components of fitness</li> <li>• Explain how they are linked to fitness and why they are important</li> </ul>
	Fitness testing	<ul style="list-style-type: none"> <li>• The different fitness tests for each component of fitness</li> <li>• How to carry out the fitness tests</li> <li>• What normative data is.</li> </ul>	<ul style="list-style-type: none"> <li>• Identify which fitness tests are used for each component of fitness</li> <li>• Describe the method for each fitness test and practically complete it.</li> <li>• Make comparisons with normative data</li> </ul>
	Applying the Principles of Training	<ul style="list-style-type: none"> <li>• The different Principles of Training</li> <li>• Optimizing training</li> </ul>	<ul style="list-style-type: none"> <li>• Identify the principles of training</li> <li>• Describe the principles of training</li> </ul>

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	Methods of training	<ul style="list-style-type: none"> <li>• The different methods of training</li> <li>• Linking the methods of training to components of fitness</li> <li>• What each method of training consists of</li> </ul>	<ul style="list-style-type: none"> <li>• Explain how the principles of training can be used</li> </ul>
	Warm-ups and Cool downs	<ul style="list-style-type: none"> <li>• Components of a warmup and applying specific needs</li> <li>• understanding the benefits of a warmup</li> <li>• components of a cool down and applying specific needs</li> <li>• understanding the benefits of a cool down</li> </ul>	<ul style="list-style-type: none"> <li>• Identify the different methods of training</li> <li>• Describe what a training session consists of for each type of training</li> <li>• Practically complete taster sessions for each type of training</li> <li>• Identify and describe the components of a warmup and be able to design a warmup for a sport</li> <li>• Describe the benefits of a warmup in order to reduce the risk of injury</li> <li>• Identify and describe the components of a cool down and be able to design a cool down for a sport</li> <li>• Describe the benefits of a cool down in order to reduce the risk of injury</li> </ul>
Term 3	Extrinsic factors that can influence the risk of injury	<ul style="list-style-type: none"> <li>• How the type of activity, environment, coaching and supervision, Equipment and Safety checks can influence the risk of injury</li> <li>• Practical examples of extrinsic factors in sport</li> </ul>	<ul style="list-style-type: none"> <li>• Identify the extrinsic factors and describe the different aspects of each</li> <li>• Evaluate how these extrinsic factors can influence the risk of injury.</li> </ul>
	Intrinsic factors that can influence the risk of injury	<ul style="list-style-type: none"> <li>• How Physical preparation, individual variables, psychological factors and posture can influence the risk of injury.</li> <li>• Practical examples of intrinsic factors in sport</li> </ul>	<ul style="list-style-type: none"> <li>• Identify the intrinsic factors and describe the different aspects of each</li> <li>• Evaluate how these intrinsic factors can influence the risk of injury.</li> </ul>
	Goal setting	<ul style="list-style-type: none"> <li>• SMART principle of goal setting</li> <li>• Examples of SMART goals in sporting situations</li> <li>• Reasons for goal setting</li> </ul>	<ul style="list-style-type: none"> <li>• Identify the principles of SMART and define them</li> <li>• Apply the SMART principle to examples</li> <li>• Evaluate how SMART can improve performance.</li> </ul>
	Mental preparation	<ul style="list-style-type: none"> <li>• Mental rehearsal, imagery, selective attention, positive thinking, relaxation techniques, breathing control</li> <li>• benefits of mental preparation</li> </ul>	<ul style="list-style-type: none"> <li>• Identify and explain the different mental preparation techniques</li> <li>• Apply the techniques to sporting examples and evaluate it's effect on performance</li> </ul>
	Diet and nutrition	<ul style="list-style-type: none"> <li>• Macronutrients and micronutrients</li> <li>• Functions of the different components of the diet</li> </ul>	<ul style="list-style-type: none"> <li>• Identify and describe the different components of a diet, give examples of food for each component.</li> <li>• Explain their importance for sports performers and health</li> </ul>