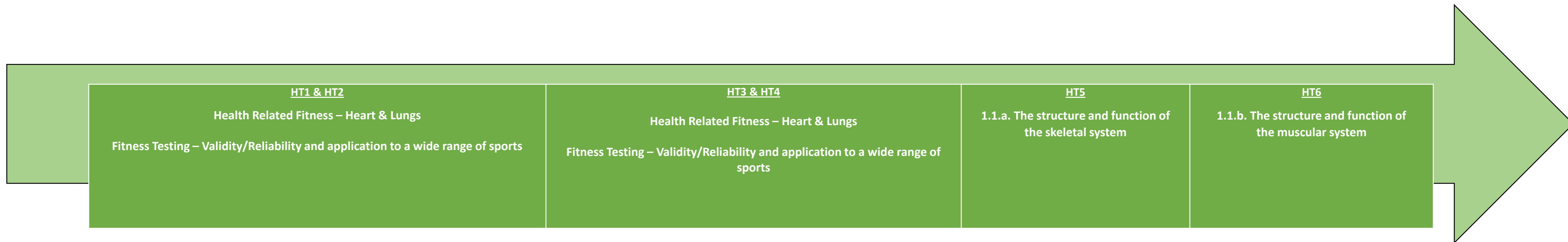


Year 9 PE Curriculum Sequence

Intent:

To build upon prior knowledge of sports specific components of anatomy & physiology within the Human body, e.g. The Muscular system, Skeletal system & Cardiovascular System.  
 To introduce & administer testing methods that evaluate human performance across a multitude of fitness components.  
 To allow students the opportunity to access a variety of practical sports within both an individual and team setting.



Why start here?	Why start here?	Why move onto these units?	Why move onto these units?
<p>These are units that apply the principles of exercise whilst also testing the students practical understanding of the needs the body places upon itself during exercise.</p> <p>The combination of the fitness demands combined with the knowledge about the short and long term effects of exercise gives a clear understanding of a higher level of physical education, away from simply just learning and performing skills. Those who regularly partake in sport tend to show a willingness to develop their knowledge on the topic further</p>	<p>These are units that apply the principles of exercise whilst also testing the students practical understanding of the needs the body places upon itself during exercise.</p> <p>The combination of the fitness demands combined with the knowledge about the short and long term effects of exercise gives a clear understanding of a higher level of physical education, away from simply just learning and performing skills. Those who regularly partake in sport tend to show a willingness to develop their knowledge on the topic further</p>	<p>Teaching this module here allows students to piece together practical sports and the use of their limbs and gives them a greater appreciation for the science of the body</p>	<p>Teaching this unit here allows students to gain a greater understanding of the muscles that support the movements of their limbs during sporting exercise</p>
<p><b>Specification Links:</b></p> <ul style="list-style-type: none"> <li>KS3 PE National Curriculum: Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best</li> <li>KS3 PE National Curriculum: Engage in competitive sports and activities</li> <li>KS3 PE National Curriculum: Lead healthy, active lives</li> </ul>	<p><b>Specification Links:</b></p> <ul style="list-style-type: none"> <li>KS3 PE National Curriculum: Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best</li> <li>KS3 PE National Curriculum: Engage in competitive sports and activities</li> <li>KS3 PE National Curriculum: Lead healthy, active lives</li> </ul>	<p><b>Specification Links:</b></p> <ul style="list-style-type: none"> <li>1.1.b. The structure and function of the muscular system, 1.1.c. Movement analysis, 1.1.e. Effects of exercise on body systems, 1.2.c. Preventing injury</li> </ul>	<p><b>Specification Links:</b></p> <ul style="list-style-type: none"> <li>1.1.b. The structure and function of the muscular system, 1.1.c. Movement analysis, 1.1.e. Effects of exercise on body systems, 1.2.c. Preventing injury, 1.2.b. Applying the principles of training.</li> </ul>
<p><b>Teaching these things here supports:</b></p> <ul style="list-style-type: none"> <li>Analysing and Evaluating performance task (coursework)</li> <li>HT3 Skeletal</li> <li>HT4 Muscular</li> </ul>	<p><b>Teaching these things here supports:</b></p> <ul style="list-style-type: none"> <li>Analysing and Evaluating performance task (coursework)</li> <li>HT3 Skeletal</li> <li>HT4 Muscular</li> </ul>	<p><b>Teaching these things here supports:</b></p> <ul style="list-style-type: none"> <li>HT4 Muscular</li> <li>Analysing and Evaluating performance task (coursework)</li> </ul>	<p><b>Teaching these things here supports:</b></p> <ul style="list-style-type: none"> <li>HT 5 Cardiovascular and Respiratory completed + Short term effects of exercise</li> <li>HT6 Long term effects of exercise</li> </ul>
<p><b>These topics feed from:</b></p> <ul style="list-style-type: none"> <li>Transition phase Health related fitness</li> <li>Transition phase Biology - Heart and Lungs</li> </ul>	<p><b>These topics feed from:</b></p> <ul style="list-style-type: none"> <li>Transition phase Health related fitness</li> <li>Transition phase Biology Heart and Lungs</li> </ul>	<p><b>This topic feeds from:</b></p> <ul style="list-style-type: none"> <li>Transition phase Health related fitness</li> </ul>	<p><b>This topic feeds from:</b></p> <ul style="list-style-type: none"> <li>1.1.a. The structure and function of the skeletal system</li> </ul>