Sandbach School PE Curriculum:

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.

HT1 & HT2	HT3 & HT4	HT5	HT6
Health Related Fitness – Heart & Lungs **Fitness Testing – Validity/Reliability and application to a wide range of sports**	**Health Related Fitness – Heart & Lungs** **Fitness Testing – Validity/Reliability and application to a wide range of sports**	**1.1.a. The structure and function of the skeletal system**	**1.1.b. The structure and function of the muscular system**
Why start here? 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. 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	**Why start here?** 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. 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	**Why move onto these units?** 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	**Why move onto these units?** Teaching this unit here allows students to gain a greater understanding of the muscles that support the movements of their limbs during sporting exercise
Specification Links: ▪ KS3 PE National Curriculum: Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best ▪ KS3 PE National Curriculum: Engage in competitive sports and activities ▪ KS3 PE National Curriculum: Lead healthy, active lives	**Specification Links:** ▪ KS3 PE National Curriculum: Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best ▪ KS3 PE National Curriculum: Engage in competitive sports and activities ▪ KS3 PE National Curriculum: Lead healthy, active lives	**Specification Links:** ▪ 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	**Specification Links:** ▪ 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.
Teaching these things here supports: ▪ Analysing and Evaluating performance task (coursework) ▪ HT3 Skeletal ▪ HT4 Muscular	**Teaching these things here supports:** ▪ Analysing and Evaluating performance task (coursework) ▪ HT3 Skeletal ▪ HT4 Muscular	**Teaching these things here supports:** ▪ HT4 Muscular ▪ Analysing and Evaluating performance task (coursework)	**Teaching these things here supports:** ▪ HT 5 Cardiovascular and Respiratory completed + Short term effects of exercise ▪ HT6 Long term effects of exercise
These topics feed from: ▪ Transition phase Health related fitness ▪ Transition phase Biology - Heart and Lungs	**These topics feed from:** ▪ Transition phase Health related fitness ▪ Transition phase Biology Heart and Lungs	**This topic feeds from:** ▪ Transition phase Health related fitness	**This topic feeds from:** • 1.1.a. The structure and function of the skeletal system