

Subject: PE	Year 9		
Review	Review 1	Review 2	Review 3
Content covered	<p>Unit 1.2a: Components of Fitness <i>Learners will develop their knowledge and understanding of the components of fitness, including cardiovascular endurance, muscular endurance, speed, strength, flexibility and agility.</i></p> <p>Fitness Tests are completed alongside academic work to develop knowledge of application to a wide variety of sports</p>	<p>Unit 1.1d: Cardiovascular and Respiratory Systems <i>Learners will develop their knowledge and understanding of the structure and function of the cardiovascular system.</i></p> <p>Badminton, Table tennis are priority sports to tie in with Practical activity choices on the specification</p>	<p>Unit 1.1e: Effects of Exercise (Short/Long Term) on the body systems <i>Learners will develop their knowledge and understanding of the short and long-term effects of exercise on muscles and bones, the heart and the respiratory system</i></p> <p>Athletics/Cricket are priority sports to allow the cohort of students to find events that are suitable for their moderated practical activities</p>
Assessment method	55 minute - Written exam Questions testing application and knowledge of fitness tests and how they are applicable to sporting activities	55 minute - Written exam Questions testing the knowledge and understand of the cardio/respiratory systems and how they are applicable to practical sports	55 minute - Written exam Questions testing the physiological effects of exercise, both short and long term, on the bodies of athletes and also of themselves as students and how these can be affected through training
Teacher & Dept response	WWW/EBI feedback sheet / NSA lesson Teacher identifies student weaknesses and provides in class support.	WWW/EBI feedback sheet / NSA lesson Significant lack of progress triggers dept. support plan for student.	WWW/EBI feedback sheet / NSA lesson Significant lack of progress triggers dept. support plan for student into Y10.