

Curriculum Map: Examination PE Year 9

	Autumn	Spring	Summer
<p>Content Declarative knowledge 'I Know'</p>	<p>The relationship between health and fitness and the role that exercise plays in both</p> <p>Students should develop knowledge and understanding of data analysis in relation to key areas of physical activity and sport.</p>	<p>Develop knowledge and understanding of the benefits of participating in physical activity and sport to health, fitness and wellbeing.</p> <p>Develop knowledge and understanding of the key body systems and how they impact on health, fitness and performance in physical activity and sport.</p>	<p>Develop knowledge and understanding of the key body systems and how they impact on health, fitness and performance in physical activity and sport.</p>
<p>Skills Procedural Knowledge 'I know how to'</p>	<p>AO1 : Demonstrate knowledge and understanding</p> <p>AO2 : Apply knowledge and understanding</p> <p>AO4 : Demonstrate and apply relevant skills and techniques in physical activity and sport (Practical activities varying depending on the cohort) Part 1 Skills</p>	<p>AO1 : Demonstrate knowledge and understanding</p> <p>AO2 : Apply knowledge and understanding</p> <p>AO4 : Demonstrate and apply relevant skills and techniques in physical activity and sport (Practical activities varying depending on the cohort) Part 1 Skills</p>	<p>AO1 : Demonstrate knowledge and understanding</p> <p>AO2 : Apply knowledge and understanding</p> <p>AO4 : Demonstrate and apply relevant skills and techniques in physical activity and sport (Practical activities varying depending on the cohort) Part 1 Skills</p>
<p>Strategies Conditional Knowledge 'I know when to'</p>	<p><u>Term 1</u> Compare relationship between health and fitness and the role that exercise plays in both</p> <p>Define and apply Components of Fitness</p> <p>Identify suitable fitness tests for improving fitness levels</p> <p>Interpret data gained from fitness tests, comparing results to normative data</p> <p>Analyse, compare, and justify the most important components of fitness for named sports</p> <p>Describe, apply knowledge, and evaluate principles of training</p> <p><u>Term 2</u> Identify, define, and explain the types of training used to improve fitness</p> <p>Describe and apply the components of a warm up, cool down and explain the physical benefits of both</p>	<p><u>Term 1</u> Health benefits of physical activity and consequences of a sedentary lifestyle</p> <p>Interpret and respond to data about health and wellbeing</p> <p>Define a balanced diet</p> <p>The effect of diet and hydration on energy use in physical activity.</p> <p><u>Term 2</u> The structure and function of the skeletal and muscular systems and apply to physical activity.</p> <p>Explain cardiac output, stroke volume and heart rate, and the relationship between them.</p> <p>The role of red blood cells and explain the different types of blood vessel</p> <p>The pathway of blood through the heart</p>	<p><u>Term 1</u> The pathway of air through the respiratory system</p> <p>The roles of the respiratory muscles in breathing</p> <p>Define breathing rate, tidal volume and minute ventilation</p> <p>Describe Gaseous exchange</p> <p>Define aerobic and anaerobic exercise</p> <p>Explain how intensity and duration effects respiration (aerobic/anaerobic)</p> <p><u>Term 2</u> Explain the short / long term effects of exercise on the body</p> <p>Apply the effects to examples from physical activity/sport</p> <p>Collect, use and analyse data relating to</p>

	<p>Calculate intensities to optimise training effectiveness</p> <p>Apply knowledge of how to prevent injury</p> <p>Practical Demonstrate their ability to develop and apply the core skills/techniques in increasingly demanding and progressive drills</p>	<p>Practical Demonstrate their ability to develop and apply the core skills/techniques in increasingly demanding and progressive drills</p>	<p>short / long term effects of exercise</p> <p>Practical Demonstrate their ability to develop and apply the core skills/techniques in increasingly demanding and progressive drills</p>
Key Questions	<p>What is the relationship between health and fitness and the role that exercise plays in both</p> <p>How do we use fitness training to benefit a performers components of fitness</p> <p>How to apply principles of training to personal exercise/training programmes</p> <p>How to optimise training and prevent injury</p> <p>Make effective use of warm up and cool down to enhance performance</p>	<p>What is the link between physical, emotional and social health, fitness and wellbeing</p> <p>What are the consequences of a sedentary lifestyle</p> <p>How does energy use, diet, nutrition and hydration impact sporting performance</p> <p>What are the structure and functions of the musculoskeletal system</p> <p>The structure and functions of the cardio-respiratory system</p>	<p>The structure and functions of the cardio-respiratory system</p> <p>What is the relevance of anaerobic and aerobic exercise</p> <p>The effects of short and long term effects of exercise</p>
Assessment topics	<p>Q and A in Class</p> <p>5 Minute Tests</p> <p>Multiple choice questions</p> <p>Short answer questions</p> <p>End of unit test</p> <p>Everlearner tasks</p> <p>Exam questions</p>	<p>Q and A in Class</p> <p>5 Minute Tests</p> <p>Multiple choice questions</p> <p>Short answer questions</p> <p>End of unit test</p> <p>Everlearner tasks</p> <p>Exam questions</p>	<p>Q and A in Class</p> <p>5 Minute Tests</p> <p>Multiple choice questions</p> <p>Short answer questions</p> <p>End of unit test</p> <p>Everlearner tasks</p> <p>Exam questions</p>
Cross curricular links/Character Education	<p>Data Analysis and calculation of exercise intensities - Maths</p> <p>Interpretation of data – Maths</p>	<p>Understand of sports-based careers - physiotherapy through knowledge of the muscular and skeletal systems</p> <p>Anatomy & physiology – Biology</p> <p>Diet and nutrition – Food</p> <p>Sedentary lifestyle & obesity – Science</p>	<p>Understand of sports-based careers - physiotherapy through knowledge of the muscular and skeletal systems</p> <p>Anatomy & physiology – Biology</p>