

Year 9

Autumn Term		Spring Term		Summer Term	
<p>Key knowledge: How to develop competence to compete effectively in a broad range of physical activities</p> <p>The Body systems and the effects of exercise on them Musculoskeletal System Major bones & muscles Synovial Joints Acute effects of exercise Chronic effects of exercise</p>		<p>Key knowledge: How to develop competence to compete effectively in a broad range of physical activities</p> <p>The Body systems and the effects of exercise on them Cardiorespiratory System Major components of heart Major components of respiratory system Blood vessels Acute effects of exercise Chronic effects of exercise</p>		<p>Key Knowledge: How to develop competence to compete effectively in a broad range of physical activities</p> <p>Sports Injuries Acute Injuries What are acute injuries Causes, symptoms and treatment of acute injuries</p> <p>Chronic Injuries What are chronic injuries Causes, symptoms and treatment of chronic injuries</p>	
<p>Pupils will be able to: Demonstrate more advanced techniques and skills to compete effectively in a broad range of physical activities</p> <p>Know and be able to describe most of the; Major bones & muscles Synovial Joints Acute effects of exercise Chronic effects of exercise</p>	<p>Key Vocabulary: See separate PE Vocabulary document</p>	<p>Pupils will be able to: Demonstrate more advanced techniques and skills to compete effectively in a broad range of physical activities</p> <p>Know and be able to describe most of the; Major components of heart Major components of respiratory system Blood vessels Acute effects of exercise Chronic effects of exercise</p>	<p>Key Vocabulary: See separate PE Vocabulary document</p>	<p>Pupils will be able to: Demonstrate more advanced techniques and skills to compete effectively in a broad range of physical activities</p> <p>Know and be able to describe most of the; acute injuries, causes, symptoms and treatment chronic injuries, causes, symptoms and treatment</p>	<p>Key Vocabulary: See separate PE Vocabulary document</p>
<p>Assessment: In Year 9 pupils will be assessed in the 3 domains of physical activity, Rules, Strategies & Tactics, Motor Competence and Healthy participation. Pupils will also be assessed in relation to our Catholic Social Teaching aims, For each activity a core task will initiate the Teaching & Learning block. On completion of a series of learning episodes the core task will be repeated to determine the level of progress achieved in each domain.</p>		<p>Assessment: In Year 9 pupils will be assessed in the 3 domains of physical activity, Rules, Strategies & Tactics, Motor Competence and Healthy participation. Pupils will also be assessed in relation to our Catholic Social Teaching aims, For each activity a core task will initiate the Teaching & Learning block. On completion of a series of learning episodes the core task will be repeated to determine the level of progress achieved in each domain.</p>		<p>Assessment In Year 9 pupils will be assessed in the 3 domains of physical activity, Rules, Strategies & Tactics, Motor Competence and Healthy participation. Pupils will also be assessed in relation to our Catholic Social Teaching aims, For each activity a core task will initiate the Teaching & Learning block. On completion of a series of learning episodes the core task will be repeated to determine the level of progress achieved in each domain.</p>	
<p>Enrichment Opportunities: See Autumn term Extra-curricular Timetable</p>		<p>Enrichment Opportunities: See Spring term Extra-curricular Timetable</p>		<p>Enrichment Opportunities: See Summer term Extra-curricular Timetable</p>	