

# Curriculum Overview – Year 9 GCSE Physical Education

Unit Title	Learning	How can parents best support?
<p><b>Half term 1</b> - Health and fitness</p>	<p>know what is meant by health, fitness and well-being</p> <p>understand the different health benefits of physical activity and consequences of a sedentary lifestyle:</p> <ul style="list-style-type: none"> <li>• Physical</li> <li>• Emotional</li> <li>• Social</li> </ul> <p>Be able to apply the above to different age groups Be able to respond to data about health, fitness and well-being</p>	<p>Ensure your child brings weather appropriate PE kit to each of their practical lessons.</p> <p>Encourage your child to attend a range of extra-curricular clubs to improve their practical performance.</p> <p>Encourage your child to read about activities they are unfamiliar with to enhance their knowledge and understanding.</p> <p>Follow our department twitter account for regular updates @TSA_peddept</p>
<p><b>Half term 2</b> - Skeletal system</p>	<p>Know the name and location of the major bones in the human body.</p> <p>Understand and be able to apply examples of the different functions of the skeleton.</p> <p>Know the definition of a synovial joint and the articulating bones at the knee, elbow, hip and shoulder.</p> <p>Know the different types of movement at the different joints and apply these to practical examples.</p> <p>Know the role of ligaments, cartilage and tendons.</p>	<p>OCR website and support materials - <a href="https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/">https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/</a></p>

	<p>Know the name and location of the major muscle groups in the human body and be able to apply their use to examples from physical activity/sport.</p> <p>know the definitions and roles of the following and be able to apply them to examples from physical activity/sport:</p> <ul style="list-style-type: none"> <li>• agonist</li> <li>• antagonist</li> <li>• fixator</li> </ul>	
<p><b>Half term 4 and 5 – Cardiovascular system</b></p>	<p>Know the double-circulatory system (systemic and pulmonary)</p> <p>Understand the pathway of blood through the heart:</p> <p>know the definitions of:</p> <ul style="list-style-type: none"> <li>• heart rate</li> <li>• stroke volume</li> <li>• cardiac output</li> </ul> <p>Know the role of red blood cells.</p>	

<p>Half term 5 – Respiratory system</p>	<p>Know and understand the pathway of air through the respiratory system.</p> <p>Know the role of respiratory muscles in breathing.</p> <p>Know the definitions of:</p> <ul style="list-style-type: none"> <li>• breathing rate</li> <li>• tidal volume</li> <li>• minute ventilation</li> </ul> <p>Understand about alveoli as the site of gas exchange.</p>	
<p>Half term 6 - Effects of exercise on the body systems</p>	<p>Understand the short and long term effects of exercise.</p> <p>Be able to apply the effects to examples from physical activity/ sport.</p> <p>Be able to collect and use data relating to short and long term effects of exercise.</p>	