Year Group: 9	Subject: GCSE PE	Term: Spring 2020

Topic	Key Learning points	Assessments
Respiratory System	Pathway of Air Structures of the respiratory system Mechanics of Breathing Respiratory Measures What is a Spirometry trace Identification of the volumes on a spirometer trace Gas Exchange Process of gas exchange	Students will be formatively assessed each half term during an in class test using past exam paper questions. • Before each assessment students will complete a revision homework • After each assessment there will be an opportunity for students to review their understanding • Full analysis of the paper to review strengths and areas of weakness linked to topic areas or styles of questions. All assessments will be marked by teachers and results recorded and used to stretch and challenge as appropriate.
Cardiac System	Blood vessels arteries, capillaries and veins Structure & Function Structure of the Heart Structure of the heart Pathway of Blood Cardiac Cycle Electrical impulse Cardiac Muscle Heart measures (Pulse, Cardiac output, stroke volume and heart rate) Heart rate graphs, including an anticipatory rise, and changes in intensity	
Principles of Training	Training Intensities Definition of training threshold. Calculate the aerobic/anaerobic training zones Anaerobic Exercise anaerobic exercise (glucose → energy + lactic acid). Anaerobic Training Zones Calculations – 60 – 80% percentage HR, Maximum HR Components of Fitness Speed Definition & Measuring technique– 30 m Sprint test Agility Definition & Measuring technique– Illinois agility test Strength Definition & Measuring technique – handgrip dynamometer Maximal strength Definiton & Measuring technique One Rep Max Power Definition & Measuring technique – vertical jump test Plyometric Training, Advantages & Disadvantages, Links to sporting activities Reasons & Limitations of testing	