

Year Group: 9	Subject: GCSE PE	Term: Autumn
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Topic	Key Learning points	Assessments
Skeletal System	Functions of the skeleton Types of Bone Names & Locations of bone Joint types Structure of joint Articulating bones Joint types and movements Movement analysis– Ball & Socket Hip – Articulating bones & Flexion, extension, adduction, abduction, rotation, Circumduction Shoulder - Articulating bones & Flexion, extension, adduction, abduction, rotation, Circumduction Structure of synovial joint How joint structures prevent injuries	<p>Students will be formatively assessed each half term during an in class test using past exam paper questions.</p> <ul style="list-style-type: none"> • 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. <p>All assessments will be marked by teachers and results recorded and used to stretch and challenge as appropriate.</p>
Principles of Training	Names & Location of muscles Antagonistic Pairs Joint Focus bone, muscles & movement patterns and Antagonistic Types of Muscular contraction Definitions & examples of each contraction type Movement Analysis sporting examples	