Year Group: 9	Subject: GCSE PE	Term: Spring 2022
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Topic	Key Learning points	Assessments	
	Pathway of Air		
	Structures of the respiratory system	Students will be formatively	
	Mechanics of Breathing	assessed each half term during an	
	Respiratory Measures	in class test using past exam paper	
Respiratory	What is a Spirometry trace	questions.	
System	Identification of the volumes on a spirometer trace		
	Gas Exchange	 Before each assessment 	
	Process of gas exchange	students will complete a revision homework	
	Blood vessels arteries, capillaries and veins		
	Structure & Function	 After each assessment there will be an opportunity for students to review their 	
	Structure of the Heart		
Cardiac	Structure of the heart		
System	Pathway of Blood	understanding	
	Cardiac Cycle	Full analysis of the paper to review strengths and areas of weakness linked to topic areas or styles of questions.	
	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		
	Training Intensities		
	Definition of training threshold.	All assessments will be marked by	
Principles of	Calculate the aerobic/anaerobic training zones	teachers and results recorded and	
Training	Anaerobic Exercise anaerobic exercise (glucose → energy + lactic acid).	used to stretch and challenge as	
	Anaerobic Training Zones Calculations – 60 – 80% percentage HR, Maximum HR	appropriate.	
	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		