

**Year Group: 9**

**Subject: GCSE PE**

**Term: Summer 2022**

<b>Topic</b>	<b>Key Learning points</b>	<b>Assessments</b>
<b>Components of Fitness</b>	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 Cardio vascular Endurance Definition & Measuring technique –bleep test Muscular Endurance Definition & Measuring technique – sit up bleep test Reaction Time Definition & Measuring technique – ruler drop test Balance Definition & Measuring technique – stork stand test Co-ordination Definition & Measuring technique – hand wall toss test Flexibility Definition & Measuring technique – sit and reach test	Students will be formatively assessed each half term during an in class test using past exam paper questions. <ul style="list-style-type: none"><li>• Before each assessment students will complete a revision homework</li><li>• After each assessment there will be an opportunity for students to review their understanding</li><li>• Full analysis of the paper to review strengths and areas of weakness linked to topic areas or styles of questions.</li></ul>
<b>Training methods</b>	Plyometric Training, Advantages & Disadvantages, Links to sporting activities Continuous Training Definitions, Advantages & Disadvantages, Links to sporting activities High Altitude Definitions, Advantages & Disadvantages, Links to sporting activities Fartlek Definitions, Advantages & Disadvantages, Links to sporting activities Interval Training Definitions, Advantages & Disadvantages, Links to sporting activities Weight Training Definitions, Advantages & Disadvantages, Links to sporting activities Circuit Training Definitions, Advantages & Disadvantages, Links to sporting activities Reasons & Limitations of testing	
<b>Principles of Training</b>	Training Intensities Definition of training threshold. Calculate the aerobic/anaerobic training zones Anaerobic Exercise anaerobic exercise (glucose → energy + lactic acid). Anaerobic Training Zones Calculations – 80 – 60% percentage HR, Maximum HR Aerobic Exercise (glucose + oxygen → energy + carbon dioxide + water) Aerobic Training Zones Calculations – 60 – 80% percentage HR, Maximum HR SPORT & FITT Training Adaptations Long term /Short term & Immediate Effects of exercise Warm up & Cool Down Recovery Process & EPOC Injury Prevention	All assessments will be marked by teachers and results recorded and used to stretch and challenge as appropriate.