

Subject Curriculum Overview for Academic Year 2022/2023

Subject: GCSE PE		Subject Leader: Miss Dix	Year Group: 9	AUTUMN TERM
Topic	Key Learning Points	Key Vocabulary		Assessments
Skeletal System	<p>Functions of the skeleton</p> <p>Types of Bone</p> <p>Names & Locations of bone</p> <p>Articulating bones</p>	<p>Movement at a joint, Muscle Attachment, Shape, Storage, Support, Protection, Production</p> <p>Short, Long, Flat, Irregular -</p> <p>Cranium, jaw bone, vertebrae, scapula, humerus, ribs, sternum, clavicle, radius, ulna, carpals, metacarpals, pelvis, sacrum, femur, tibia, patella, fibula, talus, tarsals, metatarsals, phalanges</p> <p>head/neck – cranium & vertebrae, shoulder – scapula & humerus, chest – ribs & sternum, elbow – humerus, radius, ulna, hip – pelvis & femur, knee – femur, tibia & patella.</p> <p>ankle – tibia, fibula and talus</p>		<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>
	<p>Joint types</p> <p>Structure of synovial joint</p> <p>Joint types and movements</p> <p>Movement analysis</p>	<p>Hinge & Ball and Socket</p> <p>flexion & extension</p> <p>plantar & dorsiflexion</p> <p>Abduction & adduction</p> <p>Rotation & Circumduction</p>		
Muscular System	<p>Names and Location of Muscles</p> <p>Muscular Contractions</p> <p>Antagonistic Pairs</p>	<p>Torso – latissimus dorsi, trapezius, abdominals, sternocleidomastoid, Pectorals</p> <p>Arms – Deltoid, bicep, triceps, rotator cuff</p> <p>Legs - hip flexors, gluteals, hamstring group, quadriceps group, gastrocnemius, tibialis anterior,</p> <p>Muscles pull, attached by tendons</p> <p>one contracts the other relaxes</p> <p>Isotonic - Concentric & eccentric</p> <p>Isometric</p> <p>Prime mover/agonists & antagonists</p> <p>triceps & bicep</p> <p>gastrocnemius & tibialis anterior, gluteals & hip flexors</p> <p>deltoid & latissimus dorsi, Pectorals & deltoids</p>		

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Topic	Key Learning Points	Key Vocabulary		Assessments
Respiratory system	Structures of the respiratory system Mechanics of Breathing What is a Spirometry Trace Gas Exchange	Mouth, nasal cavity, trachea, bronchi, bronchioles, lungs, alveoli, diaphragm, intercostal muscles Inspiration & Expiration, chest cavity, lung volume, air pressure Spirometry Trace, tidal volume, expiratory reserve volume, inspiratory reserve volume, residual volume. surface area, diffusion, capillaries, concentration, haemoglobin, oxyhaemoglobin, oxygen, carbon dioxide		<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>
Cardiac System	structure and function of the blood vessels Structure of the heart Measures of the Heart	Veins, Capillaries, arteries, lumen, valves Atria, ventricles, Pulmonary artery, Pulmonary vein, Aorta, Vena Cava, Diastole (filling) and systole (ejection) of Pulse, Cardiac output, stroke volume, heart rate, anticipatory rise,		
Principles of Training	Training thresholds Anaerobic Exercise Components of Fitness Tests Reasons & Limitations of testing	aerobic, anaerobic, training zone, maximum heart rate, circuit training, one rep max, repetition (reps) , sets anaerobic exercise (glucose → energy + lactic acid), Short duration, High intensity, 80 – 90% percentage HRmax Speed, Agility, Strength, power 30 m Sprint test, Illinois agility test, handgrip dynamometer, vertical jump test, plyometrics,		

Subject Curriculum Overview for Academic Year 2022/2023

Subject: GCSE PE		Subject Leader: Miss Dix	Year Group: 9	SUMMER TERM
Topic	Key Learning Points	Key Vocabulary		Assessments
<p>Training Variations</p> <p>Principles of Training</p>	<p>Training seasons</p> <p>Training Principles</p> <p>Effects of exercise</p> <p>Aerobic Exercise</p> <p>Components of Fitness Tests</p>	<p>pre-season/preparation competition/peak/playing season post-season/transition.</p> <p>SPORT to include: specificity, progressive overload, reversibility, tedium. Key principles of overload. FITT frequency • intensity • time • type.</p> <p>Long term, months/years, hypertrophy, bradycardia, Short term 24 – 36hrs DOMS,EPOC, Warm up, cool down, Immediate effects of exercise</p> <p>aerobic exercise (glucose + oxygen → energy + carbon dioxide + water)</p> <p>Cardiovascular endurance, multi stage fitness test, high altitude, Interval training/high intensity interval training, Muscular endurance, sit up bleep test, weight training, Reaction time, balance, co-ordination, ruler drop test, stork stand test, wall toss test, circuit training, flexibility, sit and reach test, Static Stretching</p>	<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>	

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How parents can support learning in the subject this academic year

Take an interest in the subject
Support with Homework
Ensuring students have all the correct equipment including PE uniform for practical lessons
Keep PE teachers informed of any long term injuries or illnesses that may impact participation of practical elements

Recommended Reading

Text book
GCSE bitesize
AQA specification

Points to note

Majority of these lessons will be classroom based giving lots of opportunity for foundation theory knowledge to be embedded.
Students should begin to consider which sports they might offer for grading. There is no obligation to take up anything additional, but please keep teachers informed of any sporting participation outside of school as this could count towards final grades.