



# Marshall's Park Academy -Curriculum Overview

Subject: Physical Education GCSE      Year Group: 9



(Introduction and overview of the subject and how lessons are taught for this year group)

- Students are taught a variety of sports over the Year to highlight the Practical demands on each sport/activity.
- Students are in ability groups for the Theory lessons where they are taught a variety of Topics from the TWO Theory components on the specification. Teachers focus on the AO1 understanding of students.

TERM 1	TERM 2	TERM 3
<b>KNOWLEDGE/SKILLS</b> <ul style="list-style-type: none"><li>• Physical, Emotional and Social Health</li><li>• Lifestyle Choices</li><li>• Consequences of a Sedentary Lifestyle</li><li>• Energy use, diet, nutrition and hydration</li><li>• How to write a Long Answer Question Attempt</li><li>• Skeletal System</li><li>• Muscular System</li><li>• Cardiovascular System</li></ul>	<b>KNOWLEDGE/SKILLS</b> <ul style="list-style-type: none"><li>• Components of blood</li><li>• Respiratory System</li><li>• Long Answer Question – How we answer? AO2/3</li><li>• Energy Systems</li><li>• Lever System and Classes</li><li>• Goal Setting</li><li>• Classification of Skills + Forms of Practice</li><li>• Guidance and Feedback on Performance</li></ul>	<b>KNOWLEDGE/SKILLS</b> <ul style="list-style-type: none"><li>• Introduction to PEP</li><li>• PAR Q'; Warm ups and Cool Downs</li><li>• Components of Fitness</li><li>• Fitness Tests</li><li>• Principles of Training</li><li>• Training Thresholds</li><li>• Methods of Training</li><li>• Fitness Testing</li></ul>
<b>KEY ASSESSMENTS</b> HALF TERM 1 End of Unit Test (Health)  HALF TERM 2 End of Unit Test (Body systems)	<b>KEY ASSESSMENTS</b> HALF TERM 1 End of Unit Test (S/M/R Systems)  HALF TERM 2 End of Unit Test (Energy, Levers, Goal setting)	<b>KEY ASSESSMENTS</b> HALF TERM 1 End of Unit Test + Long Answer Question  HALF TERM 2

Extended reading suggestions and links to external resources: Edexcel Specification, Revision guides (Edexcel), [www.theeverlearner.com](http://www.theeverlearner.com)