



# Marshalls 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
<p style="text-align: center;"><b>KNOWLEDGE/SKILLS</b></p> <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>	<p style="text-align: center;"><b>KNOWLEDGE/SKILLS</b></p> <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>	<p style="text-align: center;"><b>KNOWLEDGE/SKILLS</b></p> <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>
<p style="text-align: center;"><b>KEY ASSESSMENTS</b></p> <p>HALF TERM 1 End of Unit Test (Health)</p> <p>HALF TERM 2 End of Unit Test (Body systems)</p>	<p style="text-align: center;"><b>KEY ASSESSMENTS</b></p> <p>HALF TERM 1 End of Unit Test (S/M/R Systems)</p> <p>HALF TERM 2 End of Unit Test (Energy, Levers, Goal setting)</p>	<p style="text-align: center;"><b>KEY ASSESSMENTS</b></p> <p>HALF TERM 1 End of Unit Test + Long Answer Question</p> <p>HALF TERM 2</p>

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