

Landau Learner Curriculum Overview

Subject: PE Director of Learning: NC Year: 9 GCSE (Eduqas)

Curriculum organisation

Students are taught in mixed ability groups for the equivalent of five hours across a two week timetable.

Year 9 is used to expand student knowledge and provide experiences to harness application and understanding. Therefore, topics will be taught in a practical manner giving students to understand how the body works in sport and physical activity.

Curriculum Intent: Our curriculum is designed to build on and embed physical development. It sets out to develop a range of skills, techniques, strategies and tactics to enable students to become more competent, confident and expert in Physical Education.

What topics will students be studying this year? Includes links to National Curriculum, Curriculum Intent and Prior Related Learning*

Term 1:	Term 2:	Term 3:	Term 4:	Term 5:
<p>Exercise Physiology: Musculoskeletal system: Skeleton *Links: Prior learning KS3: All students will have developed their knowledge of exercise and the impact this has on the body. National Curriculum/Exam Specification: Structure and function, joint types, movement types.</p>	<p>Exercise Physiology: Musculoskeletal system: Muscles *Links: Prior learning Term 1: Knowledge of the skeletal system will allow students to understand how movement occurs. National Curriculum/Exam Specification: Structure and functions, muscle fibre types and their functions.</p>	<p>Movement analysis *Links: Prior learning Terms 1 and 2: Knowledge of the musculoskeletal system will allow students to analyse how the body works. National Curriculum/Exam Specification: Muscle contractions, levers, planes and axes and sports technology.</p>	<p>Exercise Physiology: Cardio-respiratory system: Cardiovascular system. *Links: Prior learning KS3: All students will have developed their knowledge of exercise and the impact this has on the body. National Curriculum/ Exam spec: Structure and function and cardiac values.</p>	<p>Exercise Physiology: Cardio-respiratory system: Respiratory system. *Links: Prior learning Term 4: Knowledge of the cardiovascular system will allow students to understand how the two systems work together. National Curriculum/ Exam spec: Structure and function and respiratory values.</p>
<p>Netball *Links: Prior learning KS3: Improvement of specific skills and techniques. Application of strategies and tactics. National Curriculum: Development of advanced skills. Work co-operatively with others to apply successful tactics and strategies. Netball</p>	<p>Handball Prior learning KS3: Improvement of specific skills and techniques. Application of strategies and tactics. National Curriculum: Development of advanced skills. Work co-operatively with others to apply successful tactics and strategies.</p>	<p>Handball and Basketball Prior learning KS3: Improvement of specific skills and techniques. Application of strategies and tactics. National Curriculum: Development of advanced skills. Work co-operatively with others to apply successful tactics and strategies.</p>		

Equipment needed for sessions:

What can you do to support your child?

<p>Exercise book, all expected equipment (see equipment list in planner).</p> <p>PE Kit: Trainers, football boots, shine pads, white polo shirt or red/black rugby shirt, black tracksuit bottoms, black shorts, black plain jumper, black waterproof jacket.</p>	<ul style="list-style-type: none"> • Check Show My Homework and support your child to organise their time effectively to complete homework to a high standard. • Encourage your child to take part in extension activities offered at college. • Encourage your child to join sports clubs in your community.
<p>How will learning be assessed and progress measured?</p>	<p>Extension and enrichment activities:</p>
<ul style="list-style-type: none"> • Baseline assessment in Physical Education • Marking of books to check understanding of each topic. • Assessment based on progress in each activity • End of unit tests. 	<ul style="list-style-type: none"> • Netball every Wednesday all year. • Football terms 1 and 4. • All other sports offered on the extension timetable may vary depending on day and time of year. • Intervention at year 11 to support students in reaching their potential.