

GCSE PHYSICAL EDUCATION YEAR 9

<u>TOPIC</u>	<u>Applied anatomy and physiology</u>	<u>Movement analysis</u>	<u>Physical training</u>	<u>Physical training 2</u>
KNOWLEDGE	<p>The structure and functions of the musculo skeletal system.</p> <p>Structure and function of the skeleton. Joints (Synovial and freely-movable) and the different types of joint Bones Muscles of the body: Location How movement occurs : antagonistic pairs types of contraction: isotonic, isometric, eccentric , concentric</p>	<p>Lever systems, examples of their use in activity and the mechanical advantage they provide in movement.</p> <p>-First, second and third class lever systems within sports examples Mechanical advantages linked to the lever systems Analysis of basic sporting movements 3.1.2.2 Planes and axes of movement. Introduction of the different planes (frontal, transverse, sagittal) and axes (longitudinal, transverse, sagittal) of movement in sport.</p>	<p>. The relationship between health and fitness and the role exercise plays in both.</p> <p>- Relationship between Health & Fitness. - Definitions. Components of fitness, benefits for sport and how fitness is measured and improved. - Definitions of all 10 components of fitness. -Linking sports and activities to components of fitness. Fitness Testing – Introducing the tests used to measure each of the 10 components of fitness protocols of each. -Reasons for and limitations of fitness testing. Data analysis. Introducing different types of data and interpretation linked to fitness tests.</p>	<p>The principles of training and their application to personal exercise/training programmes.</p> <p>- Introduction of SPORT and FITT principles. -Application of the principles of training. Types of training. Introducing the 7 different methods of training with examples. Advantages and disadvantages of the different types of training with examples. Optimising training and injury prevention -Introduction of aerobic and anaerobic respiration. Calculating and understanding the training thresholds for aerobic and anaerobic training -Altitude training concepts.</p>
SKILLS	<p>Identification of types of joints and their role in the creation of movement. Application of knowledge to sporting movements</p>	<p>Application of knowledge to sporting movements. Diagramatic representation of knowledge</p>	<p>The ability to administer fitness tests and apply the knowledge of fitness components and to the creation of training plans. Interpretation of data to gain understanding of heart rate response to exercise. Plotting of data.</p>	<p>The ability to apply the knowledge of training thresholds and training principles to the creation of training plans for effective, personalised training.</p>
assessment	<p>END OF UNIT TESTS 39 MARKS AND EXTENDED ANSWER QUESTIONS</p>	<p>END OF UNIT TESTS 39 MARKS AND EXTENDED ANSWER QUESTIONS</p>	<p>END OF UNIT TESTS 39 MARKS AND EXTENDED ANSWER QUESTIONS</p>	<p>END OF UNIT TESTS 39 MARKS AND EXTENDED ANSWER QUESTIONS</p>