



## Year 9: Physical Education

<p><b>Term 1 topic: Fitness &amp; Body Systems</b></p> <ul style="list-style-type: none"> <li>• Muscles</li> <li>• Bones</li> <li>• Classification of bones (Irregular, short, long, flat)</li> <li>• Functions of the skeleton</li> <li>• Types of Joint and movements at each</li> <li>• Ligaments and tendons</li> <li>• 3 phases of a warm-up and importance of each stage</li> <li>• Components of fitness: coordination, speed, agility, balance, strength, power, reaction time, cardio-vascular endurance, muscular endurance</li> <li>• Injuries &amp; treatments</li> </ul>	<p style="text-align: center;"><b>Expo 2020 'Challenge' Activity – 'Connecting Minds, Creating the future' Opportunity, Mobility, Sustainability</b></p> <p>Students will be offered the <b>opportunity</b> to participate in a wide range of sports in curriculum lessons, throughout the year. Many of these sports will correlate with the Dubai Schools Sports Leagues.</p> <p>Students who are interested in pursuing their interest in specific sports can attend the many sporting ECAs and fixtures on offer, providing further opportunities to access <b>mobility</b> and make <b>connections</b> with local and international schools.</p>
<p><b>Term 2 topic: Health &amp; Well-being</b></p> <ul style="list-style-type: none"> <li>• 7 food groups</li> <li>• Carbo- loading</li> <li>• Sedentary lifestyles &amp; possible health risks</li> <li>• Components of health (physical, social, emotional)</li> <li>• Body composition and how exercise can improve this</li> <li>• Overweight &amp; Overfat</li> <li>• Effects of smoking for a sports performer</li> <li>• Barriers to participating in sport</li> </ul>	<p><b>Cross Curricular Links/Projects</b></p> <p>The KS3 PE curriculum links closely with the KS3 Science curriculum. There are many overlaps where students can transfer knowledge from one curriculum area to the other. Links include: the skeleton; bones, muscles &amp; joints; heart rates; food groups.</p>
<p><b>Term 3 topic: Rules, Fitness &amp; Data</b></p> <ul style="list-style-type: none"> <li>• Rules from sports and consequences if these are broken</li> <li>• Heart Rates at different stages of exercise</li> <li>• Components of Fitness, tests for these and examples of why they are important to sport</li> <li>• Deviance in Sport</li> <li>• SMART Targets</li> <li>• Interpreting data</li> </ul>	<p><b>Assessment Format:</b></p> <p>The assessments will be a combination of multiple choice and short answer questions. Term 3 will also include some data analysis where you will need to interpret graphs and tables.</p>
<p><b>Assessment Objective Overview</b></p> <p>Practical and Theory assessments will assess students in the following key areas:</p> <p>AO1: Demonstrate knowledge and understanding</p> <p>AO2: Apply knowledge and understanding</p> <p>AO3: Analyse and evaluate factors that underpin performance</p> <p>AO4: Demonstrate and apply relevant skills and techniques</p>	<p><b>Links for Home Learning/Extension Resources:</b></p> <p><a href="http://www.brianmac.co.uk">www.brianmac.co.uk</a></p> <p><a href="https://www.bbc.com/education/subjects/zdhs34j">https://www.bbc.com/education/subjects/zdhs34j</a></p> <p><a href="http://www.teachpe.com">www.teachpe.com</a></p>