**Year 9 GCSE PE**

|  | **Topic** | **Key concept – what do I want the students to learn from this unit?** | **What knowledge will they acquire?** |
| --- | --- | --- | --- |
| **YEAR 9 OVERVIEW** | | | |
| **Y9 - half term 1** | Applied Anatomy and Physiology | In this topic students will develop knowledge and understanding of the key body systems and  how they impact on health, fitness and performance in physical activity and sport through the  following content.  The Structure  and Functions  of the musculoskeletal  system | The functions of the skeleton applied to performance in physical activities and sports.  Classification of bones  Structure of the Skeletal system  Classification of the Joints |
| **Y9 – half term 2** | Applied Anatomy and Physiology | The structure  and functions  of the musculoskeletal  system | Movement possibilities at joints dependant on joint  Classification  Role of Ligaments and Tendons  Muscle Fibre Types  Location and role of the voluntary muscular system to work  with the skeleton to bring about specific movement during  physical activity and sport.  Antagonistic pairs of muscles (agonist and antagonist) to  create opposing movement at joints to allow physical  activities.  Characteristics of fast and slow twitch muscle fibre types |
| **Y9 – half term 3** | Applied Anatomy and Physiology | The structure  and functions  of the cardiorespiratory  system | Structure of the cardiovascular system.  Structure of arteries, capillaries and veins.  The mechanisms required (vasoconstriction, vasodilation) and  the need for redistribution of blood flow (vascular shunting)  during physical activities compared to when resting |
| **Y9 – half term 4** | Applied Anatomy and Physiology | The structure  and functions  of the cardiorespiratory  system | Structure and Function of the Respiratory System – Air composition, Volumes, Structure of Lungs |
| **Y9 – half term 6** | Applied Anatomy and Physiology | The short- and  long- term  effects of  exercise | Short-term effects of physical activity and sport on heart rate  Short-term effects on lungs + Respiratory and Cardiovascular systems |