

<p>onnecte nowledge</p>	<p>Links to GCSE PE / VCERT Sport: Structure and functions of the 4 body systems and how they support the body to be involved in physical activity and sport. Workings of the muscular system including types of muscles, fibres and movements produced. Skeletal system for makeup of bones and ligaments and these provide a framework for all movement. Respiratory system for how we control breathing in and breathing out and the effects these have on performance. Cardiovascular system to understand how the cardiac cycle produces energy rich oxygenated blood. Understanding of fitness and effects of exercise and how these effects the workings of the body systems.</p> <p>Links to Core PE, years 7-11: How the body systems are practically used to support sporting activity. Types and names of the major muscles and bones. How we prepare both physically and mentally for sporting performance. How we use different types of feedback and guidance to ensure best possible coaching / teaching to improve performance.</p> <p>Links to Science / Biology and chemistry: Build on the knowledge taught in biology where students increase their knowledge on the 4 body systems. Build on the knowledge taught in chemistry in relation to energy for exercise.</p>
<p>mpact</p>	<p>The impact of this curriculum will be:</p> <ul style="list-style-type: none"> • Students able to build on prior learning and demonstrate knowledge and understanding of the factors that underpin performance and involvement in physical activity. • Students will be able to apply this knowledge to relevant situations relating to all theory consumed. • Students will be able to use all knowledge gained from across the schools curriculums to analyse and evaluate factors that underpin performance.