

**Year 9 Sports studies Curriculum Overview:
Lesson ratio 2:2**

Term / Length of Unit	Outline	Assessment	Home Learning	Resources	Knowledge/Skills End Points	Reading and Literacy	Strategy
Autumn Term 1	Contemporary Issues	EOU Test FAR	1 HL Task per fortnight	<p>Student booklet</p> <p>HL Tasks in booklet</p> <p>Assessment tasks in booklet</p> <p>PPTs</p> <p>Video links</p> <p>Contemporary issues booklet</p>	<p>Engagement</p> <ul style="list-style-type: none"> Students will develop knowledge and understanding of the socio-cultural factors that impact on physical activity and sport, and the impact of sport on society, through the following content. Participation rates in physical activity and sports and the impact on participation rates considering the following personal factors: gender, age, socio-economic group, ethnicity, disability. <p>Commercialisation</p> <ul style="list-style-type: none"> The relationship between commercialisation, the media and physical activity and sport. <p>The advantages and disadvantages of commercialisation and the media for: the sponsor, the sport, the player/performer, the spectator</p> <p>Ethical & socio-cultural issues</p> <ul style="list-style-type: none"> The different types of sporting behaviour: sportsmanship, gamesmanship, and the reasons for, and consequences of deviance at elite level. To demonstrated knowledge and understanding of Socio-cultural Influences 	<p><u>Subject Specific Words:</u> Gamesmanship, Deviance, Sportsmanship, Performance Enhancing drugs, commercialisation, sponsorship, socio-economic,</p> <p><u>Academic Vocabulary:</u> Identify, Describe, Evaluate, Plan, Discuss, Develop, Justify, Function, classification, type, select, label</p>	<p>Extended questioning</p> <ul style="list-style-type: none"> Home learning FAR End of unit tests Assessed tasks Scenario questions <p>Detailed explanations</p> <ul style="list-style-type: none"> Group tasks Teacher questioning Home learning PEP coursework FAR tasks End of unit tests Assessed tasks Revision booklets Live modelling Practical theory lessons Group presentation PEP coursework <p>Self/peer assessment</p> <ul style="list-style-type: none"> Group tasks Verbal questioning
Autumn Term 2	Health fitness & Well-being	EOU Test - FAR	1 HL Task per fortnight	<p>Student booklet</p> <p>HL Tasks in booklet</p> <p>Assessment tasks in booklet</p> <p>PPTs</p> <p>Video links</p> <p>Health, fitness and well being booklet</p>	<p>The relationship between health and fitness,</p> <ul style="list-style-type: none"> Definitions of fitness, health, exercise and performance. Components of fitness and the relative importance of these components in physical activity and sport. How fitness is improved Planning training using the principles of training: Principles, FITT, overtraining, reversibility, Factors to consider when deciding the most appropriate training methods and training intensities for different physical activities and sports (fitness/sport requirements, facilities available, current level of fitness) The use of different training methods for specific components of fitness, physical activity and sport: continuous, Fartlek, circuit, interval, plyometric, weight/resistance. Fitness classes for specific components of fitness, physical activity and sport (body pump, aerobics, Pilates, yoga, spinning). Develop knowledge and understanding of data analysis in relation to key areas of physical activity and sport. Demonstrate an understanding of how data is collected in fitness, physical and sport. Analyse and evaluate statistical data from their own results and interpret against normative data in physical activity and sport. 	<p><u>Subject Specific Words:</u> Agility, Balance, Co-ordination, Power, Reaction Time, Speed, Flexibility, Cardiovascular Endurance, Muscular Endurance, Fartlek, Continuous, Interval, Circuit, Frequency, Intensity, Time, Type</p>	<p>Extended questioning</p> <ul style="list-style-type: none"> Home learning FAR End of unit tests Assessed tasks Scenario questions <p>Detailed explanations</p> <ul style="list-style-type: none"> Group tasks Teacher questioning Home learning PEP coursework FAR tasks End of unit tests Assessed tasks Revision booklets Live modelling Practical theory lessons Group presentation PEP coursework

							Self/peer assessment • Group tasks • Verbal questioning
Spring Term	Body Systems	EOU Exam Questions FAR	1 HL Task per fortnight	Student booklet HL Tasks in booklet Assessment tasks in booklet PPTs Video links Fitness testing booklet	Skeletal, muscular, cardiovascular and respiratory systems. <ul style="list-style-type: none"> • Develop knowledge and understanding of the structure and functions of the cardio-respiratory system. • Know the structure of the heart. • Develop knowledge and understanding of the route blood takes through the heart. • Know the different blood vessels in our body and their role during physical activity. • Develop knowledge and understanding of the structure and functions of the muscular-skeletal system. • Develop knowledge and understanding of fast and slow twitch muscle fibres. • Develop knowledge and understanding of different muscle types. • Develop knowledge and understanding of the possible movements at a joint. • Develop knowledge and understanding of the classifications of joints. 	<u>Subject Specific Words:</u> Biceps, Triceps, Hamstrings, Quadriceps, Gastrocnemius, Antagonistic Pairs, Cranium, Humerus, Femur, Tibia, Fibula, Metatarsals, Tarsals, Metacarpals, Carpals, Phalanges, Lungs, Aorta, Veins, Capillaries, Arteries, Chambers, Breathing, Hypertrophy, Blood Pressure, Heart Rate, Breathing Rate, Stroke Volume, Pulse Raiser, cardiac output.	Across all topic areas • Video evidence • Diagrams • Power points • Revision guides Demonstrations • Practical lessons • Active theory • Self and peer demonstrations • Video evidence Verbal • Teacher explanations • Peer/buddy teaching • Scaffolding with keywords • Prompts • Revise in 5 Across all topic areas
Summer Term 1	Sports Profile	Assess completed project & presentation - FAR	1 HL Task 1 Extended HL Task per project.	Student booklet HL Tasks in booklet HL Tasks on Assessment tasks on project. PPTs Video links Fitness profile.	<ul style="list-style-type: none"> • Understand what NGBs are and who they are. • Investigate rules and regulations of your chosen sport. • Explain and apply rules of the chosen sport. • Understand what is meant by a major event and explain the importance of major events for different sports/performers and spectators. • Develop knowledge of technology in sport and it's uses. 	<u>Subject specific words:</u> Elite performers, grassroots, sports media, governing bodies, sponsorship, technology, rules and regulations, major events	Across all topic areas • Video evidence • Diagrams • Power points • Revision guides Demonstrations • Practical lessons • Active theory • Self and peer demonstrations • Video evidence Verbal • Teacher explanations • Peer/buddy teaching • Scaffolding with keywords • Prompts • Revise in 5

							Across all topic areas
Summer Term 2	Training and performance	Practical assessment	1 HL Task per fortnight	Student booklet HL Tasks in booklet Assessment tasks in booklet PPTs Video links Planning booklet	Understand the different methods of training and why we need them Warm-ups- what are the key features? Cool Down- Why are these needed and what are the key features? How to lead a session- What makes a good session. How can you demonstrate this? Evaluation- Can you self-reflect on your session and how you would improve it?	Subject specific words: Interval, Fartlek, HiIT, Continuous, Weight, Resistance, Pilates, Risk Assessment, Delivery, Techniques, stretching, dynamic, static, pulse raiser.	Demonstrations • Practical lessons • Active theory • Self and peer demonstrations • Video evidence Verbal • Teacher explanations • Peer/buddy teaching • Scaffolding with keywords • Prompts • Revise in 5 Across all topic areas
Practical	Students to undertake a number of different sports to be assessed in readiness for Y10/11.	Assessment of each sporting activity undertaken in line with GCSE PE practical scoring.	N/A	PE Equipment	A variety of sporting activities will be assessed throughout the year: Badminton Trampolining Handball Netball Athletics Another games based activity dependent on group.	Keywords and phrases used directly in lessons	Demonstrations • Practical lessons • Active theory • Self and peer demonstrations • Video evidence Verbal • Teacher explanations • Peer/buddy teaching • Scaffolding with keywords • Prompts • Revise in 5 Across all topic areas