**Year 9 GCSE PE**

|  | **Topic** | **Key concept – what do I want the students to learn from this unit?** | **What knowledge will they acquire?** |
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|  **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 andhow they impact on health, fitness and performance in physical activity and sport through thefollowing content.The Structureand Functionsof the musculoskeletalsystem | The functions of the skeleton applied to performance in physical activities and sports.Classification of bonesStructure of the Skeletal systemClassification of the Joints |
| **Y9 – half term 2** | Applied Anatomy and Physiology | The structureand functionsof the musculoskeletalsystem | Movement possibilities at joints dependant on jointClassificationRole of Ligaments and TendonsMuscle Fibre TypesLocation and role of the voluntary muscular system to workwith the skeleton to bring about specific movement duringphysical activity and sport.Antagonistic pairs of muscles (agonist and antagonist) tocreate opposing movement at joints to allow physicalactivities.Characteristics of fast and slow twitch muscle fibre types |
| **Y9 – half term 3** | Applied Anatomy and Physiology | The structureand functionsof the cardiorespiratorysystem | Structure of the cardiovascular system.Structure of arteries, capillaries and veins.The mechanisms required (vasoconstriction, vasodilation) andthe need for redistribution of blood flow (vascular shunting)during physical activities compared to when resting |
| **Y9 – half term 4** | Applied Anatomy and Physiology | The structureand functionsof the cardiorespiratorysystem | Structure and Function of the Respiratory System – Air composition, Volumes, Structure of Lungs |
| **Y9 – half term 6** | Applied Anatomy and Physiology | The short- andlong- termeffects ofexercise |  Short-term effects of physical activity and sport on heart rateShort-term effects on lungs + Respiratory and Cardiovascular systems |