

# Landau Learner Curriculum Overview

Subject: PE Director of Learning: NC Year: 9 GCSE (Edexcel)

## Curriculum organisation

Students are taught in mixed ability groups for the equivalent of five hours across a two week timetable.

Year 9 is used to expand student knowledge and provide experiences to harness application and understanding. Therefore, topics will be taught in a practical manner enabling students to understand how the body works in sport and physical activity.

**Curriculum Intent:** Our curriculum is designed to build on and embed physical development. It sets out to develop a range of skills, techniques, strategies and tactics to enable students to become more competent, confident and expert in Physical Education.

## What topics will students be studying this year? Includes links to National Curriculum, Curriculum Intent and Prior Related Learning\*

Term 1:	Term 2:	Term 3:	Term 4:	Term 5:
<p>Exercise Physiology/LO1 Musculoskeletal system: Skeleton *Links: <b>Prior learning KS3:</b> All students will have developed their knowledge of exercise and the impact this has on the body. <b>National Curriculum/Exam Specification:</b> Structure and function, joint types, movement types.</p>	<p>Exercise Physiology/LO1 Musculoskeletal system: Muscles *Links: <b>Prior learning Term 1:</b> Knowledge of the skeletal system will allow students to understand how movement occurs. <b>National Curriculum/Exam Specification:</b> Structure and functions, muscle fibre types and their functions.</p>	<p>Movement analysis/LO1 *Links: <b>Prior learning Terms 1 and 2:</b> Knowledge of the musculoskeletal system will allow students to analyse how the body works. <b>National Curriculum/Exam Specification:</b> Muscle contractions, levers, planes and axes and sports technology.</p>	<p>Exercise Physiology/LO1 Cardio-respiratory system: Cardiovascular system. *Links: <b>Prior learning KS3:</b> All students will have developed their knowledge of exercise and the impact this has on the body. <b>National Curriculum/ Exam spec:</b> Structure and function and cardiac values.</p>	<p>Exercise Physiology/LO1 Cardio-respiratory system: Respiratory system. *Links: <b>Prior learning Term 4:</b> Knowledge of the cardiovascular system will allow students to understand how the two systems work together. <b>National Curriculum/ Exam spec:</b> Structure and function and respiratory values.</p>
<p>Netball *Links: <b>Prior learning KS3:</b> Improvement of specific skills and techniques. Application of strategies and tactics. <b>National Curriculum:</b> Development of advanced skills. Work co-operatively with others to apply successful tactics and strategies. Netball</p>		<p>Handball <b>Prior learning KS3:</b> Improvement of specific skills and techniques. Application of strategies and tactics. <b>National Curriculum:</b> Development of advanced skills. Work co-operatively with others to apply successful tactics and strategies.</p>	<p>Handball and Basketball <b>Prior learning KS3:</b> Improvement of specific skills and techniques. Application of strategies and tactics. <b>National Curriculum:</b> Development of advanced skills. Work co-operatively with others to apply successful tactics and strategies.</p>	

## Equipment needed for sessions:

## What can you do to support your child?

<p>Exercise book, all expected equipment (see equipment list in planner).</p> <p>PE Kit: Trainers, football boots, shine pads, white polo shirt or red/black rugby shirt, black tracksuit bottoms, black shorts, black plain jumper, black waterproof jacket.</p>	<ul style="list-style-type: none"> <li>• Check Show My Homework and support your child to organise their time effectively to complete homework to a high standard.</li> <li>• Encourage your child to take part in extension activities offered at college.</li> <li>• Encourage your child to join sports clubs in your community.</li> </ul>
<b>How will learning be assessed and progress measured?</b>	<b>Extension and enrichment activities:</b>
<ul style="list-style-type: none"> <li>• Baseline assessment in Physical Education</li> <li>• Marking of books to check understanding of each topic.</li> <li>• Assessment based on progress in each activity</li> <li>• End of unit tests.</li> </ul>	<ul style="list-style-type: none"> <li>• Netball every Wednesday all year.</li> <li>• Football terms 1 and 4.</li> <li>• All other sports offered on the extension timetable may vary depending on day and time of year.</li> <li>• Intervention at year 11 to support students in reaching their potential.</li> </ul>