NOTTINGHAM FREE SCHOOL PE DEPARTMENT

**Year 9 GCSE PE Overview**

Your GCSE PE course is spread over 3 years to ensure we have plenty of time to cover all of the theoretical, practical and coursework aspects of the course in as much detail as possible.

* Your double lesson will be a theory lesson (unless instructed otherwise by your teacher) and your single lesson will be a practical lesson.
* While this overview is designed to guide you through the content of this year’s course, some of the order may be subject to change for a number of curricular / progress / wider school reasons.
* You will sit both of your terminal GCSE PE exams at the end of Year 11 (May 2019).

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| **HALF TERM** | **WEEK** | **THEORY** | | **PRACTICAL & AP** |
| **1**  5.9.16 – 21.10.16 | 1 | Intro to Course / Skeletal Structure | | NETBALL |
| 2 | Synovial Joints | |
| 3 | Movements at Joints | |
| 4 | Names & Functions of Muscles | |
| 5 | Muscles in Action | |
| 6 | Levers | |
| 7 | Axes and Planes | |
| HALF TERM HOLIDAY | | | | |
| **2**  31.10.16 – 16.12.16 | 1 | The Cardiovascular System | | HANDBALL |
| 2 |
| 3 |
| 4 | **Y9 ASSESSMENT WEEK: MOCK EXAM** | |
| 5 | Mock Exam Review | |
| 6 | The Respiratory System | |
| 7 |
| CHRISTMAS HOLIDAY | | | | |
| **3**  9.1.17 – 10.2.17 | 1 | Aerobic & Anaerobic Exercise | | FOOTBALL |
| 2 | Short Term Effects of Exercise | |
| 3 | Long Term Effects of Exercise | |
| 4 | End of Unit Test: Respiratory System + Effects of Exercise | |
| 5 | End of Unit Test Review | HR Fitness Components |
| HALF TERM HOLIDAY | | | | |
| **4**  20.2.17 – 31.3.17 | 1 | *PRACTICAL*: Fitness Testing (Health) | | TABLE TENNIS |
| 2 | Fitness Testing (HR+SR): Methodology/Reliability/Validity | |
| 3 | Skill Related Fitness Components | |
| 4 | *PRACTICAL*: Fitness Testing (Skill) | |
| 5 | Principles of Training | |
| 6 | Training Methods: 1 | |
| EASTER HOLIDAY | | | | |
| **5**  18.4.17 – 26.5.17 | 1 | Training Methods: 2 | | AP |
| 2 | Prevention of Injury: Warm-Ups and Cool Downs | |
| 3 | Prevention of Injury: Risks & Hazards | |
| 4 | **Y9 ASSESSMENT WEEK: MOCK EXAM** | |
| 5 | Mock Exam Review | |
| 6 | Excursion: Risk Assessment | |
| HALF TERM HOLIDAY | | | | |
| **6**  5.6.17 – 21.7.17 | 1 | JS587/01 REVISION | | ATHLETICS |
| 2 |
| 3 |
| 4 | Analysis of Performance | |
| 5 |
| 6 | **MOCK PRACTICAL MODERATION** | |
| 7 |
|  |  | SUMMER HOLIDAY | |  |