

Subject:

# Physical Education



**HECKMONDWIKE**  
GRAMMAR SCHOOL

## KS 4 Year 9 Curriculum Overview

	Topics being taught	What you will be assessed on	How you can support at home
Autumn Term	<p>Topics</p> <p>Health, fitness and well being. Healthy lifestyle Diet and nutrition Components of a balanced diet</p>	<p>Assessments</p> <p>Definitions of key terms Identify components of a balanced diet.</p>	<p>Analysis of performance in badminton. Maintain participation in sport and physical activity outside of school</p>
	<p>Physical training</p> <p>Fitness testing Evaluation and interpretation of fitness test data. Safety Circuit training</p>	<p>Assessments – Planning and evaluating a personal fitness circuit</p>	<p>Analysis of performance in hockey. Maintain logs of competitive performance in three sports</p> <p>Complete assessment of fitness</p> <p>Complete assessment of fitness</p>

CHRISTMAS HOLIDAYS - CHRISTMAS HOLIDAYS - CHRISTMAS HOLIDAYS - CHRISTMAS HOLIDAYS

	Topics being taught	What you will be assessed on	How you can support at home
Spring Term	<p>Topics</p> <p>Training and goal setting SMART targets Skills</p>	<p>Assessments</p> <p>Application of knowledge to sporting examples</p>	<p>Planning of fitness circuit. Continue participation in sport and physical activity</p>
	<p>Muscular system</p> <p>Identification of major muscles Skeletal system function Identification of major bones / joints.</p>	<p>Assessments</p> <p>Application of knowledge to sporting examples</p>	<p>Planning and implementation of fitness circuit</p> <p>Evaluation of fitness circuit</p> <p>Applying knowledge to performance specific sports skills</p>

EASTER HOLIDAYS - EASTER HOLIDAYS - EASTER HOLIDAYS - EASTER HOLIDAYS - EASTER HOLIDAYS

	Topics being taught	What you will be assessed on	How you can support at home
Summer Term	<p>Participation in sport</p> <p>User groups Analysis of national trends in participation. Activity levels</p>	<p>Assessments</p> <p>Research and present current participation trends in different sporting activities</p>	<p>Continue participation in sport and physical activity outside of school. Complete research tasks</p>
	<p>Sport England's role</p> <p>NGB initiatives to increase levels of participation</p>	<p>Assessments</p> <p>Finals – examination assessment of all course theory</p>	<p>Maintain logs of performance in summer sports</p> <p>Active revision</p> <p>Review of finals performance. Targets for improvement in theory and practical activity</p>