

Year 9 PE mid-term plan – 3 lessons per fortnight (75 minutes per lesson)						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topics	Fitness & nutrition	Circulatory & respiratory system	Musculoskeletal system (bones, ligaments & tendons)	Joint classification and movement analysis	Muscle clarification & characteristics	Cardiovascular system & Barriers to participation
Assessment	Baseline (Week 1&2)/ Low stake quizzes/ weekly formative assessment/ Key assessment (Summative – Week 10)		Low stake quizzes/ weekly formative assessment/ Key assessment (Summative – Week 20 & 30)		Low stake quizzes/ weekly formative assessment/ Key assessment (Summative – Week 38)	
key knowledge	Benefits of fitness/ Fitness development/ Nutrition & food categorisation/ Balanced diet/ Meal plans/ Structure and function of the heart/ Function of the blood/ Effects of exercise/ Respiratory system		Musculoskeletal system/ muscles & bones/ Joint classification/ Movement analysis and understanding		Muscle clarification/ Agonistic & antagonistic muscles/ Muscle fibre types/ Oxygen transportation/ Function of the blood	
Big Ideas	Health & Fitness/ Leadership/ Tactics/ Fair Play/ Sportsmanship					
Key Vocabulary	Short and long-term effects of exercise/ Food groups & balanced diet/ Chambers of the heart (ventricles & atriums)/ Oxygenated & deoxygenated blood/ Respiratory system (lungs, veins, arteries, etc.)		Muscle names (gastrocnemius, Trapezius, latissimus dorsi etc.)/ Roles of bones (protection, leverage etc.)/ Types of bones (Long, short, flat etc.)/ Synovial joints (Ball & socket, hinge ect.)/ Flexion & extension/ Rotation/ abduction etc.		Voluntary & involuntary muscles/ Hip flexors/ Gluteus maximum/ Types I, Type IIa and Type IIx muscle fibre types/ Carbon dioxide/ Blood clotting/ Roles of blood (Protection, carry oxygen etc/ Red & white blood cells/ platelets/ plasma	
Memory retrieval	Nutrition/ Benefits of exercise/ Muscles types and movement/ Synovial joints/ Blood and oxygen use/ Short and long-term effects/ Heart structure/ Cardiovascular and respiratory systems					
Knowledge Mastery	<u>Theorist/ Tactician</u> Analysis and Creativity/ Knowledge and understanding					
Practical Mastery	<u>Athlete/Coach/ Leader</u> Application of skill/ Feedback and Development/ Confidence and management					
Disciplinary Literacy	Critical thinking/ problem solving/ Communication/ Use of specific sport related language/ performance analysis/ tactical awareness/ Leadership – verbal and non-verbal					