



SUBJECT: Curriculum Overview

Year 9 GCSE

Half Term	Topic studied	What will I learn?	How will I be assessed?
Year 9 Autumn <u>Section 3</u> <u>- Socio-</u> <u>Cultural</u> <u>Influences</u>	3.3 – Ethical and Socio-Cultural issues in Physical Activity and Sport 3.2 - Commercialisation of Physical Activity and Sport 3.1 - Engagement Patterns of Different Social Groups in Physical Activities and Sports Practical activities	Sportsmanship, Deviance, Gamesmanship in sport The ability to apply practical examples to this concept Why sports performers use Performance enhancing drugs and the reasons for player violence Different types of media, Social, Internet, TV/Visual The effects of media on the commercialisation of sport The influence on sponsorship on the commercialisation of sport Current trends in different social groups’ participation in sport To apply examples from physical activity /sport to these participation issues A carousel of activities in which the students will be assessed.	Class teacher assessment and classwork/ homework pieces. End of unit test Practical assessments are performed at the end of each block
Year 9 Autumn 2	3.1 - Engagement Patterns of Different Social Groups in Physical Activities and Sports Practical activities	Current trends in different social groups’ participation in sport To apply examples from physical activity /sport to these participation issues A carousel of activities in which the students will be assessed.	Class teacher assessment and classwork/ homework pieces. End of unit test Practical assessments are performed at the end of each block
Year Spring 1	<u>Section 5 – Health, Fitness and Well-Being</u> 5.1 - Health, Fitness and Well Being 5.2 - Diet and Nutrition Practical activities	What is meant by health, fitness and wellbeing and the health benefits of physical activity for different age groups The consequences of a sedentary lifestyle To respond to data about health, fitness and wellbeing A carousel of activities in which the students will be assessed.	Class teacher assessment and classwork/ homework pieces. End of unit test Practical assessments are performed at the end of each block
Year Spring 2	5.2 - Diet and Nutrition Practical activities	The definition of a balanced diet and the effect of diet and hydration on energy use in Physical activity. To apply practical examples from physical activity and sport to diet and nutrition. A carousel of activities in which the students will be assessed.	Class teacher assessment and classwork/ homework pieces. End of unit test Practical assessments are performed at the end of each block
Year Summer 1	<u>Section 2 – Physical Training</u> 2.1 - Components of fitness Practical activities	<ul style="list-style-type: none"> • Know the definition of all the components of fitness • Explain and be able to perform a valid test for each component • Give practical examples of sports where each component is particularly important A carousel of activities in which the students will be assessed.	Class teacher assessment and classwork/ homework pieces. End of unit test Practical assessments are performed at the end of each block
Year Summer 2	<u>Section 2 – Physical Training</u> 2.1 - Components of fitness Practical activities	<ul style="list-style-type: none"> • Know the definition of all the components of fitness • Explain and be able to perform a valid test or each component • Give practical examples of sports where each component is particularly important A carousel of activities in which the students will be assessed.	Class teacher assessment and classwork/ homework pieces. End of unit test Practical assessments are performed at the end of each block

