

Meden School Curriculum Planning

Subject	CORE PE	Year Group	9	Sequence No.	N/A	Topic	Health Related Exercise
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Retrieval	Core Knowledge	Student Thinking
<p>What do teachers need to retrieve from students before they start teaching new content?</p>	<p>What specific ambitious knowledge do teachers need teach students in this sequence of learning?</p>	<p>What real life examples can be applied to this sequence of learning to development of our students thinking, encouraging them to see the inequalities around them and 'do something about them!'</p>
<p>Students will learn the correct techniques when using the training methods of</p> <p>Continuous Training Continuous training is a form of exercise that is performed at a continuous intensity throughout and does not involve any rest periods.</p> <p>Fartlek Training Fartlek is a Swedish work and it translates into 'speed play'/ Fartlek training involves varying the intensity, or speed of your running to improve your</p> <p>Interval Training Interval training consists of repeated exercises ranging from several minutes to a few seconds with intervals that are periods of lesser intensity or rest.</p> <p>HIIT Training HIIT training stands for High Intensity Interval Training. This involves high intensity work periods from 30 seconds to 3 minutes</p>	<p>Students will conduct a series of fitness tests to identify the areas of strength and weakness within their own fitness. They will test each component 3 times and take an average score.</p> <p>They will test the following components of fitness using the tests identified for each component</p> <p>Fitness testing – carry out a number of tests to assess an individuals fitness levels (E.g. resting heart rate, VO_{2max}, muscular/cardiovascular fitness, heart rate recovery, Blood pressure, waist circumference).</p> <p>Multi Stage Fitness Test - measures Cardiovascular Endurance 12 Minute Cooper Run - measures Cardiovascular Endurance Press Up/ Sit Up Test – measures Muscular Endurance 30m Sprint - measures Speed Sit and Reach - measures Flexibility Illinois Agility - measures agility Hand Grip Test - measures Muscular Strength Ball Wall Catch Test - measures Co-ordination Vertical Jump - measures Power Standing Broad Jump - measures Power Ruler Drop Test - measures Reaction Time</p> <p>Students will analyse their data using www.brianmac.co.uk to compare their results to national average data. They will then identify the area of weakness that they wish to work on to improve.</p>	<p>Each week, a key theme will run through all PE lessons linked to real life examples. These will be linked to the particular sport the students are on at the time and will be consistent across the department. The aim will be for students to develop their thinking within the sport, recognise the inequalities within the sport (linked to the topic) and do something about them. A large number of the key themes will come from the CNAT Sport and GCSE PE specification to prepare KS3 students for the option they can take within PE at KS4.</p> <ol style="list-style-type: none"> Physical Activity Government Guidelines and Recommendations - students should have 60 minutes of moderate to high intensity exercise every day. Do they get this? How? Barriers to Participation for Children and Teenagers Solutions to the Barriers Current Issues in Sport/Sport in the News - Linked to the impact of PE on Mental, Physical or Social Health Physical Benefits of Sport and PE on the Body Social Benefits of Sport and PE on the Body ME in PE – Couch to 5km and Meden Park Run Challenge – Students are introduced to two free activities that they can get involved in. Designed to improve physical, social and mental health within PE Popularity of Sport in the UK – what are the current trends for the most popular sport in the UK. Why are they the most popular sports?

<p>working between 80 – 100% of your maximum heart rate with shorter rest periods as you become fitter.</p> <p>Weight Training Weight training is a common type of strength training for improving muscle size and strength. It uses the force of gravity in the form of weighted bars, dumbbells, or weights to oppose the force generated by the muscle through concentric and eccentric muscle contractions.</p> <p>Circuit Training Circuit training is a form of body conditioning that involves endurance and resistance training, high intensity aerobics and exercises performed in stations that are performed at a high intensity.</p>	<p>Students will plan a personalised exercise programme to improve their area of identified weakness. They must set SMART targets to improve their area of weakness</p> <p>S-Specificity (the target is specific to what you want to improve and clear) M- Measurable (improvements towards the target can easily be measured) A-Accepted (The target is accepted by performance and coach) R-Realistic (The target is realistic for the player and the time scale for improvement) T-Time Bound (The target has a clear set time scale) E-Exciting (The target is fun and enjoyable for the athlete to motivate them to improve) R-Recorded (The progress towards the target is easily recorded)</p> <p>The exercise plan will include the type of training that is needed to improve the area of weakness. With a clear plan and description of the activities that will be involved in the training plan. This will include a minimum of 6 sessions and students will participate in session 1 as part of their lesson.</p> <ul style="list-style-type: none"> - Circuit Training - Weight Training - HIIT Training - Interval Training - Continuous Training - Fartlek Training <p>Students will review the effectiveness of the session and measure the progress that has been made through;</p> <ul style="list-style-type: none"> - Keeping a video diary - Recording progress in a diary - Asking a coach to observe and give feedback - Keeping a tally of success - Looking at scores/league places to see success 	<ol style="list-style-type: none"> 9. Emerging/Growing Sports in the UK – which sports are new to the UK? How can we make them more popular? 10. National Governing Bodies – What is their role within a sport? What are the key NGB’s for each sport? 11. Major Sporting Events – What are they? When and where do they occur? 12. Olympic Creed and Olympic Values 13. Current Issues in Sport/Sport in the News – Linked to new sports, growing sports or a major sporting event occurring 14. ME in PE – Couch to 5km and Meden Park Run Challenge – Students are introduced to two free activities that they can get involved in. Designed to improve physical, social and mental health within PE 15. Sporting Values – Excellence – Linked to Role Models and demonstrating excellence within a sport 16. Sporting Values - Tolerance and Respect 17. Sporting Values – Fair play 18. Sporting Values – Teamwork and Inclusion 19. Sporting Values - Citizenship 20. ME in PE – Couch to 5km and Meden Park Run Challenge – Students are introduced to two free activities that they can get involved in. Designed to improve physical, social and mental health within PE 21. Performance Enhancing Drugs – What are they and why are they taken? 22. Gamesmanship and Deviance 23. Sportsmanship and Success of Teams 24. Current Issues in Sport/ Sport in the News – linked to examples of athletes demonstrating sportsmanship, gamesmanship or taking performance enhancing drugs 25. ME in PE – Couch to 5km and Meden Park Run Challenge – Students are introduced to two free activities that they can get involved in. Designed to improve physical, social and mental health within PE 26. Money in Sport – Wage disparity between certain sports and genders. Amateur vs professional sport
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	<p>Students will also consider how they can alter the context of the session to make it more challenging;</p> <ul style="list-style-type: none"> - Adding more plays - Increasing / Reducing time/touches - Adding better players - Increasing/decreasing size of area - Developing the activity - Changing the equipment 	<p>27. Technology in Sport – How has it advanced? Advantages and Disadvantages</p> <p>28. Gender in Sport – challenging stereotypes in sports as the player, official or manager</p> <p>29. Paralympics and Disabled Sport – examples of sports and accessibility</p> <p>30. Race and Equality in Sport – examples of campaigns within sports – Kick it out campaign and RESPECT</p> <p>31. LGBTQ - Pride Sport – their role in challenging LGBTQ phobia in sport</p> <p>32. ME in PE – Couch to 5km and Meden Park Run Challenge – Students are introduced to two free activities that they can get involved in. Designed to improve physical, social and mental health within PE</p> <p>33. Diet and Nutrition</p> <p>34. Skeletal and Muscular System</p> <p>35. Cardiovascular System</p> <p>36. Respiratory System</p> <p>37. Assessing Risk in Sport</p> <p>38. Sporting Injuries</p> <p>39. Current Issues in Sport/ Sporting News – linked to injuries, new science, diet, nutrition etc</p> <p>40. ME in PE – Couch to 5km and Meden Park Run Challenge – Students are introduced to two free activities that they can get involved in. Designed to improve physical, social and mental health within PE</p>
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