



Sports Studies Curriculum Overview - Year 9

	Unit	Details
Autumn One	Physical training	Pupils will learn about physical training in practical and theory lessons. Learning about the relationship between health and fitness and the role that exercise plays in both. They will then continue to learn about the different components of fitness and link each component to a different fitness test. Pupils will evaluate their personal strengths and weaknesses in relation to these components and their tests.
Autumn Two	Physical Training	Continuing on the physical training topic pupils will develop their knowledge of the principles of training, linking the thresholds of training, aerobic and anaerobic exercise. The components of fitness and fitness testing and the principles of training will link together so pupils gain an understanding of the requirements for their sports and are also able to apply the theory to a number of different sports and activities.
Spring One	Physical Training	Continuing on the physical training topic, pupils will develop their knowledge of the methods of training which are appropriate to different sports and activities. The methods of training will be linked to the components of fitness and the principles of training so pupils gain an understanding of the requirements for their sport/s.
Spring Two	Optimise training and prevent injury.	Pupils will be learning about how to prevent injury by linking the principles of training and adhering to the rules of an activity/sport. They will also learn about the different injuries that can occur in physical activity and sport and how to treat these injuries. These will all be applied to their sport/s.
Summer One	Optimise training and prevent injury. Warm up and cool down	Continuing with optimising training, pupils will learn about performance-enhancing drugs (PEDs) and their positive and negative effects on sporting performance and performer lifestyle. Pupils will then learn about the purpose and importance of warm-ups and cool downs to effective training sessions and physical activity and sport. Application of this theory will be applied to a number of different sports and activities.
Summer Two	Musculo-skeletal system	<p>Pupils will be learning about the structure and function of the skeletal system applied to performance in physical activities and sports. They will learn about the types of joints and the impact the movements of these joints have for physical activity. Pupils will be able to use theory for the analysis of movements in different sporting contexts.</p> <p>Pupils will then begin to learn about the muscular system. They will learn about the classification and characteristics of the different muscle types. They will be able to identify the location and role of the voluntary muscular system, the antagonistic pairs of muscles and link these to the skeletal system to bring about specific movements during physical activity and sport.</p>