

SPORT & EXERCISE STUDIES

YEAR 9	SPORT & EXERCISE LEARNING PATH 1 LP1	SPORT & EXERCISE LEARNING PATH 2 LP2	LEARNING LINKS
St 1	To be able to analyse the appropriateness of components on selected athletes	To be able to apply knowledge of the components of fitness to a selected sport.	Components of fitness Term 01 Knowledge Organiser
St 2	To be able to analyse the appropriateness of Fitness Tests to sports and benefits for warming up and cooling down	To be able to explain the process of carrying out Fitness Tests and reasons for warming up and cooling down	Fitness testing Term 02 Knowledge Organiser
St 3	To be able to apply all of the rules and officiating procedures in a competitive situation in Football	To be able to apply some of the rules and officiating procedures in a competitive situation in Football	Football – Practical application, no link
St 4	To be able to discuss in detail the relationship between aerobic & anaerobic exercise across a variety of sports	To be able to identify the equation and give sporting examples for Aerobic & Anaerobic exercise	Aerobic and Anaerobic Term 03 Knowledge Organiser
St 5	To be able to select the relevant method of training and principle for an athlete	To be able to explain the different methods and principles of training	Types of training Term 04 Knowledge Organiser
St 6	To be able to apply all of the rules in a competitive situation in Netball	To be able to apply some of the rules in a competitive situation in Netball	Netball – Practical application, no link
St 7	To link basic movements of the body to Netball with the bones required to allow movement to occur	To be able to define the 4 types of bones in the body	Skeletal and movements Term 05 Knowledge Organiser
St 8	To link basic movements of the body in a range of sport with the bones required to allow movement to occur	To give sporting examples of basic body movements	Skeletal and movements Term 05 Knowledge Organiser
St 9	To be able to apply antagonistic pairs to a variety of sports and exercises	To be able to explain the difference between agonist and antagonist in antagonistic pairs	Muscular Term 06 Knowledge Organiser
St 10	To be able to apply all of the rules in a competitive situation in Badminton	To be able to apply some of the rules in a competitive situation in Badminton	Badminton – Practical application, no link



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YEAR 9	SPORT & EXERCISE LEARNING PATH 3 LP3	SPORT & EXERCISE LEARNING PATH 4 LP4	LEARNING LINKS
St 1	To be able to define the components of fitness.	To be able to state the 10 components of fitness.	Components of fitness Term 01 Knowledge Organiser
St 2	To be able to identify the 11 fitness tests and the reasons for warming up and cooling down	To be able to identify the 11 fitness tests and the stages of a warm up and cool down	Fitness testing Term 02 Knowledge Organiser
St 3	To be able to explain all of the rules and officiating procedures of Football	To be able to explain some of the rules and officiating procedures of Football	Football – Practical application, no link
St 4	To be able to define and identify the equation for Aerobic & Anaerobic training	To be able to identify the difference between Aerobic & Anaerobic exercise	Aerobic and Anaerobic Term 03 Knowledge Organiser
St 5	To be able to define the methods and principles of training	To identify different methods and principles of training	Types of training Term 04 Knowledge Organiser
St 6	To be able to explain all of the rules and regulations of Netball	To be able to explain some of the rules and regulations of Netball	Netball – Practical application, no link
St 7	To be able to identify the location of the 4 types of bones in the body and the function of these	To identify major bones of the body	Skeletal and movements Term 05 Knowledge Organiser
St 8	To be able to identify the location of the basic movements of the body	To identify the basic movements of the body	Skeletal and movements Term 05 Knowledge Organiser
St 9	To be able to label the muscles and discuss the role of tendons	To be able to label the major muscles of the body	Muscular Term 06 Knowledge Organiser
St 10	To be able to explain all of the rules and regulations of Badminton	To be able to explain some of the rules and regulations of Badminton	Badminton – Practical application, no link



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