

ALBANY ACADEMY: KS4 PE Subject Overview

Curriculum Overview for Physical Education

Autumn Term		
UNIT	Unit 1	Unit 2
TITLE	Preparing for Exercise & Benefits on Health	Principles of Training
CONTENT	<p>Phases of a warm up</p> <p>Types of stretching</p> <p>Short term effects of exercise</p> <p>Long term adaptations</p> <p>Heart health</p>	<p>Specificity</p> <p>Progression</p> <p>Progressive Methods</p> <p>Overload</p> <p>Reversibility</p> <p>Tedium</p> <p>SMART Targets</p> <p>Frequency</p> <p>Intensity</p> <p>Time</p> <p>Type</p>
	<ul style="list-style-type: none"> Aspects of a warmup. Health related components. Circuit training. FITT. Safety in the gym. Fartlek training Isometric and isotonic contractions. Different fitness test for skill related principles (Balance, Power, Co-ordination, Agility, Reaction Time, Speed). To understand how to use the different equipment safely in the fitness studio. 	<ul style="list-style-type: none"> Interpreting fitness test results Analysing application to specific sports

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Spring Term		
UNIT	Unit 3	Unit 4
TITLE	Anatomy & Physiology	Components of Fitness
CONTENT	<p>Muscular system (functions)</p> <p>Muscles anatomical names & locations</p> <p>Skeletal system (functions)</p> <p>Skeletal names and locations</p> <p>Cardiovascular Anatomy</p> <p>Vasodilation and vasoconstriction</p> <p>Respiratory Anatomy</p>	<p>Power</p> <p>Strength</p> <p>Muscular Endurance</p> <p>Cardiovascular Endurance</p> <p>Flexibility</p> <p>Speed</p> <p>Balance</p> <p>Co-Ordination</p> <p>Agility</p> <p>Reaction Time</p>
	<ul style="list-style-type: none"> • Labelling anatomy correctly • Analysing movements • Measuring anatomical changes – acute and chronic 	<ul style="list-style-type: none"> • Health related components. Circuit training. FITT. Safety in the gym. Farlek training • Isometric and isotonic contractions. • Different fitness test for skill related principles (Balance, Power, Co-ordination, Agility, Reaction Time, Speed).

Summer Term		
UNIT	Unit 5	Unit 6
TITLE	Types of Training	Ethics in Sport
CONTENT	<p>Weight Training</p> <p>Circuit Training</p>	<p>Etiquette</p> <p>Sportsmanship</p>

	Interval Training Continuous Training Fartlek Training Plyometric Training Training Zones	Gamesmanship Prohibited Substances Blood doping Social and Emotional Benefits of Sport
	<ul style="list-style-type: none">• Isolation exercise• Compound exercises• Measuring heart rate• Measuring training zones	