

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

--	--	--

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

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

	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"> <li>● Isolation exercise</li> <li>● Compound exercises</li> <li>● Measuring heart rate</li> <li>● Measuring training zones</li> </ul>	