

# Y9 Sports Science



## PE AT YARDLEYS

**INTENT:** To provide an enriched and broad curriculum which gives pupils the; knowledge, skills, passion and independence to participate in a wide range of activities competitively. A curriculum that is ambitious, tangible and one that will inspire, giving pupils the confidence and desire to continue to be physically active beyond Yardleys. A curriculum committed to nurturing responsible individuals with a deep understanding of the lifelong benefits of good health and fitness, where pupils leave endeavouring to develop good lifestyle habits to secure lifelong personal health.

## Y9 SPORTS SCIENCE

Learners will conduct a range of fitness tests, understand what they test and their advantages and disadvantages. They will also learn how to design, plan and evaluate a fitness training programme. Then interpret the data collected from these fitness tests and learn how best to feed this back

## YEAR 9

Theme	Components of fitness applied in sport Principles of training in sport	<u>Design a fitness training programme</u>	<u>Evaluate a fitness training programme</u>
<b>SUBSTANTIVE KNOWLEDGE</b>	Define and Measure each component of fitness Collect and interpret results Identify strengths and areas of improvement of each component Devise skills-based tests SPOR FITT SMART goals Methods of training Aerobic and anaerobic exercise	Considerations to inform planning Applying SPOR & FITT Planning a fitness training programme How to monitor progress Recording results of both skills and fitness-based tests Achievement recognised – meeting SMART goals & results from tests	Strengths and areas for improvement of the fitness training programme Applying principles of training How to monitor progress and adapt a programme
<b>DISCIPLINARY KNOWLEDGE</b>	Conduct fitness tests Interpret data Application of knowledge to sporting scenarios Analysis of performance Understanding of Aerobic and Anaerobic fitness	Application of knowledge to sporting scenarios Understanding of Aerobic and Anaerobic fitness Setting Goals Analysis of performance	Analysis of performance Collection of data

