



Year 9 Physical Education (PE) - Knowledge Overview – Spring 1

*Start your home learning at lesson 1 regardless of the date of your absence and then continue to complete 2 lessons (2 hours) per week until you return to school. If you return to school and then become absent from school again, please pick up from where you left off in your first period of absence.

Week Commencing 4.1.21 to 8.02.21 (12 PE Lessons in Total)

Lesson focus	Number of PE lessons missed due to absence	Pupils should be able to:	Online learning resources	Offline learning resources	Key vocabulary
Training diary preparation	PE Lesson 1	-To understand the importance of aerobic and muscular endurance. -To understand heart rate and be able to calculate resting and working heart rate. -To understand circuit training design and create an effective circuit.	Check on Microsoft Teams (<u>Year 9 PE Team</u>) for resources prepared by your PE teacher.	Carefully read and complete the tasks in Section 1 in the offline resource pack.	Muscular endurance Aerobic endurance Intensity Technique Circuit Radial Carotid Fatigue
	PE Lesson 2				
Exercise at high intensity with the intention to improve physical fitness and reflect and track progress.	PE Lesson 3	-To demonstrate exercising at high intensity with the intention to improve physical fitness. -To reflect on exercise and track progress.		For every PE Lesson you miss due to absence please complete 1 session of your fitness circuit and complete 1 training diary log (section 2 of the offline resource pack).	
	PE Lesson 4				
	PE Lesson 5				
	PE Lesson 6				
	PE Lesson 7				
	PE Lesson 8				
	PE Lesson 9				
	PE Lesson 10				
	PE Lesson 11				
	PE Lesson 12				

*When absent from school please follow your school timetable. When you are timetabled PE please complete the tasks below. You have 2 hours of PE a week.