

Subject	PE		
	Interpretation of National Curriculum into Year group Endpoints		
Year	Term 1	Term 2	Term 3
9	<p><b>The relationship between health and fitness and the role that exercise plays in both :</b>  Definitions of fitness, health, exercise.  Physical health; Emotional health; Social health.  How to promote personal health.  Lifestyle choices.  Positive and negative impact of lifestyle choices on health, fitness and well-being.</p> <p><b>The consequences of a sedentary lifestyle:</b>  A sedentary lifestyle and its consequences.</p> <p><b>The components of fitness, benefits for sport and how fitness is measured and improved :</b>  Components of fitness; Fitness tests; Collection and interpretation of data from fitness test results;  Fitness tests for specific components of fitness.  How fitness is improved .</p> <p><b>The principles of training and their application to personal exercise/ training programmes:</b>  Planning training using the principles of training.  Factors to consider when deciding the most appropriate training methods.  The use of different training methods for specific components of fitness.</p>	<p><b>The use of goal setting and SMART targets to improve and/or optimise performance:</b>  The use of goal setting.  Principles of SMART targets.  Setting and reviewing targets.</p> <p><b>Personal Exercise Plan (PEP) - Coursework</b>  Planning; Completing; Retesting.</p>	<p><b>Personal Exercise Plan (PEP) - Coursework</b>  Evaluation; Write up.</p> <p><b>Split to new qualification Camb National Sports Science/Sports Studies or GCSE</b>  PPE Revision GCSE / Cambridge National LO1 work - Sports Science / Cambridge National LO1 work - Sports Studies</p>