

Key Stage 3 Curriculum Map 2020-21

Term 1

Year Group: Year 9	Subject: PE		
Focus/Topic	Objectives	Key Skills/ UAE Links	Home Learning/ Recommended Reading
<ul style="list-style-type: none"> Induction, curriculum orientation and expectations 			
<u>Health and Well-Being</u> <ul style="list-style-type: none"> Physical Health and Well being Mental Health and Well being Social Health and Well being 	<ul style="list-style-type: none"> To apply what health is To be able to compare the differences between physical, mental and social well being 	<ul style="list-style-type: none"> What sporting events do the UAE hold to promote a healthy well-being? 	<ul style="list-style-type: none"> Brainmac.com Complete workout on the fitness padlet during your practical lesson at home.
<u>Diet and Energy Sources</u> <ul style="list-style-type: none"> Function of nutrients Energy Balance 	<ul style="list-style-type: none"> To apply the functions of carbohydrates, fats and proteins in providing energy. To explain how food sources contribute to energy produced for different activities. 	<ul style="list-style-type: none"> Name the food sources from within the UAE that provide these food sources. 	<ul style="list-style-type: none"> Brainmac.com Complete workout on the fitness padlet during your practical lesson at home.
<u>Components of Fitness</u> <ul style="list-style-type: none"> Skill Related Health Related 	<ul style="list-style-type: none"> To apply the components of health related and skill related fitness Explain how these components link to performance of sports and physical activities. 	<ul style="list-style-type: none"> What components of fitness be developed on JBR beach? 	<ul style="list-style-type: none"> Brainmac.com Complete workout on the fitness padlet during your practical lesson at home.
<u>Test Protocols</u> <ul style="list-style-type: none"> Procedure and method to carry out specific tests for specific components of fitness 	<ul style="list-style-type: none"> To apply the main reasons for carrying out fitness tests To explain how fitness tests can improve performance in specific physical activities. 	<ul style="list-style-type: none"> What are the testing procedures during the Covid Pandemic in the UAE? 	<ul style="list-style-type: none"> Brainmac.com Complete workout on the fitness padlet during your practical lesson at home.
<u>Reasons for fitness testing</u> <ul style="list-style-type: none"> To identify the main reasons for carrying out fitness tests 	<ul style="list-style-type: none"> To apply h 	<ul style="list-style-type: none"> Why do we test for viruses like Covid? 	<ul style="list-style-type: none"> Brainmac.com Complete workout on the fitness padlet during your practical lesson at home.

<p>VO2 max</p> <ul style="list-style-type: none"> Describe and Explain VO2 max and its importance as a measure of cardiovascular endurance and stamina 	<ul style="list-style-type: none"> To describe and explain what VO2 max is its role in measuring cardiovascular endurance To apply the factors that affect the level of VO2 max 	<ul style="list-style-type: none"> How will your vo2 max be affected when training in the mountains of RAK? 	<ul style="list-style-type: none"> Brainmac.com Complete workout on the fitness padlet during your practical lesson at home.
Half Term			
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Winter Break			