



Topic	Learning Objectives	Key Vocabulary	Learning Sequence	Linked Learning	Home Learning
Skeletal System	Functions of the skeleton Classification of bones Structure of the skeleton Joints Movement possibilities	Main bones Short, Long, Irregular, Flat bones Ball and socket, pivot, hinge, condyloid Movements—Flexion, Extension, Abduction, Adduction, Circum- duction, Rotation Ligaments and tendons	Functions of the skeleton Classification of bones Structure of the skeleton Joints Movement possibilities	Science—Biology Literacy—Key words and 9 mark ques- tions	Everlearner for revision Revision for end of unit tests Spelling tests Question sheets
Muscular System	Classification of muscles Location and role of muscles Antagonistic muscle pairs Types of muscle fibres	Main muscles Voluntary, involuntary and cardiac muscle Agonist and antagonist Muscle fibres: Type I, Type IIa and Type IIx	Classification of muscles Location and role of muscles Antagonistic muscle pairs Types of muscle fibres	Science—Biology Literacy—Key words and 9 mark ques- tions	Everlearner for revision Revision for end of unit tests Spelling tests Question sheets



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Cardiovascular System	Function and structure of the CV system Blood vessels Vascular shunting Components of blood	Sections of the heart Oxygenated and deoxygenated blood Arteries, veins, capillaries Vascular shunting RBC's, WBC's. Plasma, and platelets Stroke volume, cardiac output, heart rate	Function and structure of the CV system Blood vessels Vascular shunting Components of blood	Science—Biology Literacy—Key words and 9 mark questions Maths—HR values	Everlearner for revision Revision for end of unit tests Spelling tests Question sheets



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Respiratory System	Composition of air Lung volumes Location of main components Structure and function of alveoli Aerobic and anaerobic exercise	Inhalation Exhalation Vital capacity Tidal volume Minute ventilation Lungs Bronchi Bronchioles Alveoli Gas exchange Aerobic Anaerobic	Composition of air Lung volumes Location of main components Structure and function of alveoli Aerobic and anaerobic exercise	Science—Biology Literacy—Key words and 9 mark questions Maths—Respiratory values	Everlearner for revision Revision for end of unit tests Spelling tests Question sheets



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Physical Training	Components of fitness Fitness testing Methods of training Warm ups and cool downs Short-term effects of exercise	All the components of fitness and the different fitness tests Continuous, interval, fartlek, circuit, plyometric, weight training Lactate accumulation and fatigue	Components of fitness Fitness testing Methods of training Warm ups and cool downs Short-term effects of exercise	Science—Biology Literacy—Key words and 9 mark questions Maths—Fitness testing results	Everlearner for revision Revision for end of unit tests Spelling tests Question sheets
Personal Exercise Programme (PEP)	PAR-Q's Goal Setting Principles of training Complete PEP	PAR-Q SMART targets Specificity Progressive overload FITT Overtraining Reversibility Training thresholds Individual needs	PAR-Q's Goal Setting Principles of training Complete PEP	Citizenship—Healthy active lifestyle Literacy—Key words and writing PEP	PEP aim and evaluation