

High Tunstall College of Science Curriculum Intent

Subject: Theory Year: Y9



Topic: Year 9 Theory

	Theory content	Progress		
Topic	Key ideas	R	A	G
Developing theory knowledge	Muscles			
	Movement types			
	Agonist muscle			
	Arousal			
	Inverted U theory			
	Methods of controlling arousal.			

Lesson	Learning Focus	Assessment	Key Words
1-2	Identify the correct terminology and location for the muscles.	Work submitted by students. End of unit test.	Muscles, pairs, muscle groups
3-4	Identify the different movement types using the correct definitions for each.	Work submitted by students. End of unit test.	Flexion, extension, adduction, abduction
5-6	Understand the different movement types that take place in different sporting actions.	Work submitted by students. End of unit test.	Rotation, abduction, adduction, flexion, extension
7-8	Identify and understand the different types of motivation including key definitions.	Work submitted by students. End of unit test.	Intrinsic motivation, extrinsic motivation.
9-10	Understand the different muscles that are used for each movement type.	Work submitted by students. End of unit test.	Flexion, extension, adduction, abduction, rotation, plantar flexion
11-12	Understand the Inverted U theory and key terminology.	Work submitted by students. End of unit test.	Arousal, optimum arousal.
13-14	Understand and describe the different methods of controlling arousal.	Work submitted by students. End of unit test.	Deep breathing, mental rehearsal, visualisation, positive self talk
15-16	Revisit topics, end of unit test.	Work submitted by students. End of unit test.	