

# Achieve Higher

Year 9



Co-op Academy  
Stoke-on-Trent

SUBJECT NAME: Physical Education				
Half Term	Curriculum	Reading	Watching & Listening	Other Opportunities
Autumn Term	The Muscular System	Please open the following page: <a href="#">The Muscular System</a> , read the 2 pages and complete the short quiz at the end.	Please watch the video on <a href="#">The Muscular System</a>  Please learn the <a href="#">Muscular System Song!</a>	Test your muscular endurance by completing some of the following activities Sit up test - core strength- abdominals Press up test - Shoulder strength Wall squat challenge - Quadricep strength
Spring Term	The Skeletal System	Please open the following page: <a href="#">The Skeletal System</a> , read the 5 pages and complete the short quiz at the end.	Please watch the video on an Introduction to the <a href="#">Skeletal System</a> and learn the <a href="#">Bone Song!</a>	Speak to teachers in the science department to try and learn more about the skeletal structure.
Summer Term	The Effects of Exercise Long Term	Please open the following page: <a href="#">Long Term Effects of Exercise</a> , read page 2,3 & 4 and answer the questions	Please watch <a href="#">GCSE PE - LONG TERM EFFECTS OF EXERCISE - Anatomy and Physiology (Energy &amp; Effects of Exercise 4.4)</a>	Make a personal exercise program that last 6 weeks and try to improve a component of fitness within the time frame to see what long term effects this could have on the body