

# St. John's Senior School



**Subject: Physical Education**

**Form: 4<sup>th</sup>**

**Term: Autumn**

<b>WEEK</b>	<b>TOPIC</b>
1	Structure and function of the skeletal system. Components of fitness.
2	Structure and function of the skeletal system. Components of fitness.
3	Structure and function of the skeletal system. Components of fitness.
4	The structure & function of the muscular system. Fitness testing.
5	The structure & function of the muscular system. Fitness testing.
6	<b>MINI TEST</b>
7	Movement analysis (incl: levers, planes of movement and axes of rotation). Applying the principles of training.
<b>Half Term</b>	
8	Movement analysis (incl: levers, planes of movement and axes of rotation). Applying the principles of training.
9	Structure and function of the cardiovascular system. Applying the principles of training.
10	Structure and function of the cardiovascular system. Different types of training.
11	Structure and function of the respiratory system. Different types of training.
12	<b>END OF TERM EXAM.</b>
13	Aerobic and anaerobic exercise. Risks and hazards in sport.

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**Subject: Physical Education**

**Form: 4<sup>th</sup>**

**Term: Spring**

<b>WEEK</b>	<b>TOPIC</b>
1	Short-term effects of exercise on the body. Risks and hazards in sport.
2	Long-term effects of exercise on the body. Analysis of performance.
3	Revision of short/long- term effects of exercise on the body. Analysis of performance.
4	Revision of all areas covered to date. Mini tests
5	Revision of fitness testing and training topics. Analysis of performance.
6	Revision of fitness testing and training topics. Analysis of performance.
<b>Half Term</b>	
7	Revision of fitness testing and training topics. Analysis of performance.
8	Health, fitness and well-being.
9	Diet and nutrition.
10	Diet and nutrition.
11	Revision.

# St John's Senior School



**Subject: Physical Education**

**Form: 4<sup>th</sup>  
Term: Summer**

<b>WEEK</b>	<b>TOPIC</b>
1	Revision
2	End of Unit Test.
3	Fitness testing (practical).
4	Fitness testing (practical).
5	Practical.
6	Revision.
<b>Half Term</b>	
7	<b>END OF YEAR EXAM</b>
8	Analysis of exam.
9	Analysis of exam.
10	Skills catch-up week/revision/ finalisation of logbooks
11	Skills catch-up week/revision/ finalisation of logbooks