



Year 9 PE Knowledge Organiser

Year Group & Topic Title

Year 9 – Preparing for GCSE PE: Performance, Analysis & Application

Key Vocabulary

- Aerobic capacity: The ability to exercise using oxygen (*Hands*)
- Anaerobic: High intensity activity without oxygen (*Hands*)
- SMART targets: Specific, Measurable, Achievable, Realistic, Time-bound (*Head*)
- Feedback: Information used to improve performance (*Head*)
- Motivation: The internal drive to achieve goals (*Heart*)
- Sportsmanship: Fair and respectful behaviour in sport (*Heart*)

Key Knowledge

- Fitness and performance are improved through goal setting and feedback
- The difference between aerobic and anaerobic exercise
- How SMART targets help in tracking progress
- Understanding feedback (intrinsic/extrinsic, positive/negative)
- Reinforcement of Head, Heart, Hands for GCSE readiness

Lesson Sequence

1. Introduction – Learning objectives and links to GCSE PE
2. Warm-up – Pulse Raiser, Mobility, Sport-Specific
3. Skill Introduction – Advanced skill or application (e.g., serving, defending)
4. Skill Progression – Pressure-based or decision-making task
5. Conditioned Game – Use of tactics and feedback in play
6. Class Discussion – Evaluate using vocabulary and assessment criteria



Possible Misconceptions

- Fitness only refers to how fast you can run
- Feedback is criticism, not helpful advice
- Goals don't need to be specific to be useful
- Effort matters less than talent in GCSE PE
- Respect only applies during matches, not training

3 Key Questions

1. How can SMART targets help improve your performance?
2. What is the difference between aerobic and anaerobic activity?
3. How do feedback and motivation support GCSE PE progress?