

YEAR 9 CURRICULUM PLAN FOR PHYSICAL EDUCATION - Embedding knowledge, technical and tactical skills



TOPIC	KEY LEARNING	ASSESSMENT
Volleyball	<ul style="list-style-type: none"> To continue to develop warmups To accurately replicate digging, volleying, setting and serving Develop overarm serve Attacking shots – volley low and deep Develop the spike Reverse set/ introduce block Use a range of tactics and strategies to overcome opponents in direct competition and rules in a game Games including assessment 	<p>Continuous feedback through lessons. Formative feedback given through verbal feedback/ self-assessment/ peer assessment.</p> <p>Summative assessment through Department's Head, Heart, Hands success criteria.</p>
Trampolining	<ul style="list-style-type: none"> Recap on health and safety and year 8 work, consolidating skills Recap front landing linking it with other moves, seat, ½ twist Introduce progressions for the roller Introduce progressions for the back landing Introduce progressions for a front somersault Continue to develop analytical and coaching skills to help their own and other performances for final assessment 	<p>Continuous feedback through lessons. Formative feedback given through verbal feedback/ self-assessment/ peer assessment.</p> <p>Summative assessment through Department's Head, Heart, Hands success criteria.</p>
Badminton	<ul style="list-style-type: none"> Re-cap previous knowledge of shots service, drop shot, smash, flick, clear (underarm and overhead) Develop clear shots to outwit opponent with addition of backhand clear Develop smash shot including preparation and execution Develop drop shot inclusive of overhead drop Developing skills to outwit opponent through manipulation of racket head to change direction and speed of shuttle 	<p>Continuous feedback through lessons. Formative feedback given through verbal feedback/ self-assessment/ peer assessment.</p> <p>Summative assessment through Department's Head, Heart, Hands success criteria.</p>

	<ul style="list-style-type: none"> • Outwit opponents in a game situation 	
Rugby	<ul style="list-style-type: none"> • Embed fundamental handling skills • Continue to develop using a variety of passes • Use a range of tactics and strategies to overcome opponents in direct competition • Develop correct tackling and rucking • Develop scrummaging • Play small-sided games for assessment 	<p>Continuous feedback through lessons. Formative feedback given through verbal feedback</p> <p>Summative assessment through Department's Head, Heart, Hands success criteria.</p>
Football	<ul style="list-style-type: none"> • The effects of switching play in attack • Skill and tactical development within games • Principles of attack and defence in 'game situations' • Challenge cognitive skills through decision making • Use a range of tactics and strategies to overcome opponents in direct competition • Develops skills, rules tactics and strategies Roles –performer, leader, coach, Umpire 	<p>Continuous feedback through lessons. Formative feedback given through verbal feedback.</p> <p>Summative assessment through Department's Head, Heart, Hands success criteria.</p>
Dance	<ul style="list-style-type: none"> • Develop appropriate warmups • Embed work on shapes, formations and use of levels • Embed work on unison and canon • Develop choreography with leadership skills • Performance – evaluate own and other's pieces 	<p>Continuous feedback through lessons. Formative feedback given through verbal feedback/ self-assessment/ peer-assessment.</p> <p>Summative assessment through Department's Head, Heart, Hands success criteria.</p>
Netball	<ul style="list-style-type: none"> • Develop warmups • Re-cap fundamental skills • Use of space – court linkage • Attacking and defending tactics • Full game – centre pass tactics • Game play – officiating 	<p>Continuous feedback through lessons. Formative feedback given through verbal feedback/ self-assessment/ peer-assessment.</p> <p>Summative assessment through Department's Head, Heart, Hands success criteria.</p>
OAA	<ul style="list-style-type: none"> • Recap health and safety and what is OAA • Embed the link between Problem Solving and Teamwork – Pacing • Embed the link between Problem Solving and Trust – Memory Task • Embed the link between Problem Solving and Communication • Understand Further Map Work • Embed Team Building skills 	<p>Continuous feedback through lessons. Formative feedback given through verbal feedback.</p> <p>Summative assessment through Department's Head, Heart, Hands success criteria.</p>

	<ul style="list-style-type: none"> Advanced partner orienteering Setting out a course <p>Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group</p>	
Athletics	<ul style="list-style-type: none"> Introduce leadership in warmups and basic coaching, officiating and recording Compare performances with previous ones and demonstrate improvement to achieve their personal best Understand how to develop advanced techniques for throwing events Understand to use tactics to improve team performance in relays 	Continuous feedback through lessons. Formative feedback given through verbal feedback/ self-assessment/ peer assessment/ times, scores, comparison against others. Summative assessment through Department's Head, Heart, Hands success criteria.
Striking and Fielding (rounders and cricket)	<ul style="list-style-type: none"> Advanced rules of the game: How the game 'ends' when a team is down to the last batter but still have bowls left over Advanced bowling techniques (fast, spin, donkey drop) during game play Variation of batting position in batting square Analysing strengths and weaknesses within a team and selecting roles and formations accordingly Game play and officiating Use a range of tactics and strategies to overcome opponents in direct competition 	Continuous feedback through lessons. Formative feedback given through verbal feedback/ self-assessment/ peer assessment. Summative assessment through Department's Head, Heart, Hands success criteria.

During Year 9 pupils are provided with the opportunities to further extend their skills and knowledge within Physical Education as performance now becomes more consistent. Pupils continue to explore a range of sports and how they can use their expanding tactical knowledge and achieve success as a team or individual. Further to this students are now given more opportunities to take on Leadership roles as umpires, referees, warm up coaches and equipment monitors to provide further experiences and pathways within the sporting world.

In Year 9 there is a big focus on Developing Leadership Skills and Embedding Knowledge in Physical Education as this will provide further motivation and learning opportunities for all pupils to become or remain Physically Active in their chosen pathway in sport. This is achieved through pupils continuing to follow a rich diet of different sporting activities listed below, encouraging further attendance at a wide range of extra- curricular sports clubs, and providing access to competition beyond the school day. The Year 9 curriculum aims to equip pupils with the confidence and skills needed across a range of sports to outthink the opposition and create opportunities for overloads within games. As well as pupils having the opportunities to display tactical formations in full versions of the game.

Pupils' ability to achieve in PE is related to not only their physical ability but mental capacity and emotional understanding.

These are within the 3 pillars of progression stated in the National Curriculum.

These are Motor Competence, which we call 'Hands', Rules, Strategies and Tactics, which we call 'Head' and Healthy Participation which we call 'Heart'.

Competitive fixtures in intra-school and inter-school, school clubs and external clubs promoted for lifelong sports.

Pathways to grass root teams

Activities include:

Netball, Volleyball, Athletics, Trampolining, Football, Rounders, Badminton, Cricket, Tennis, Indoor Cricket, Cross-County, Rugby, Handball, Dance