

# Physical Education Year 9 Curriculum Overview



## Year 9 Overview

**Year 9 students experience a wide variety of sports throughout the academic year, with a particular focus on students applying the skills they have learned in previous years to competitive game situations. Further emphasis will be on mental and physical well-being, through concepts such as self-discipline, resilience and competition. Students will be encouraged to be reflective learners and work on strategies for improvement. They will develop their skills and knowledge with a focus on teamwork and communication, through teaching team games such as rugby, football, netball and handball. We aim to develop confidence and leadership skills in all lessons.**

**Students are encouraged to take ownership of their own learning by being provided with opportunities to coach their own small groups in specific drills and activities. By leading their own groups through sport specific skill drills, there is a greater opportunity for students to analyse their own, and the performance of others. To do this successfully, students will gain a deeper understanding of rules and tactics which can be applied to these sports. These opportunities will allow our students to embed within themselves the importance of leading a healthy and active lifestyle throughout the rest of their lives.**

# Physical Education Year 9 Curriculum Overview



Week Number	Themes/ Topics	Key Knowledge & Skills	Key Assessments
<p style="text-align: center;"><b>1-6 (Autumn 1)</b></p>	<p>Football</p> <p>Netball</p>	<p>In this unit, students will focus on applying all the skills learnt in year 7 and 8 and begin to apply these skills in competitive situations. Students will focus on developing their skills in more complex skills as well as starting to take on a leadership role by captaining, umpiring/refereeing and managing small teams to outwit their opponent by using a range of tactics.</p> <p>In this unit, students will look to develop the more complex skills in isolation and within games. Students will focus on the development of different types of dodges, timing of interceptions, strategies from a centre pass and how to develop other tactics and strategies in game situations. They will also take roles of umpires and coaches to assist each other in their understanding and rules of the game.</p>	<p>Students will be assessed on their ability to complete the different more complex skills in competitive situations. Students will use their progress booklets to self assess their strengths and weaknesses</p>
<p style="text-align: center;"><b>7-13 (Autumn 2)</b></p>	<p>Rugby</p> <p>Parkour</p>	<p>In this unit, students will continue to develop the basic skills and rules of Rugby. Students will recap rules such as staggered lines, knock ons but also now move onto competitive rucking and scrums. Students will move into a full game scenario to apply all these skills into competitive situations.</p> <p>In this unit, students will be given the chance to encounter acceptable risks as part of a stimulating, challenging and controlled learning environment. By incorporating parkour into our PE lessons, pupils will understand that play and movement forms a fundamental part of their health, wellbeing and social life.</p>	<p>Students will be assessed on their ability to perform the basic skills in KS3 but being able to apply them in a full competitive situation. Students will use their progress booklets to self assess their strengths and weaknesses</p>

# Physical Education Year 9 Curriculum Overview



<b>14-18 (Spring 1)</b>	Badminton	<p>In this unit students will focus on consistently replicating core skills through competitive situations attempting more advanced variations. Students will develop the ability to land the shuttle in a target area and refining game tactics that are used in doubles badminton. Students will be expected to understand the rules and apply them through officiating.</p>	<p>To understand the concept of net/court games and make effective evaluations of strengths and weaknesses in performance. Students to be assessed against the grading criteria for each section. Students of higher ability will be assessed on their ability to play more technical shots (backhand clear) and be able to apply them in a competitive situation.</p> <p>Students to be assessed against the grading criteria for each section. Students will be assessed on whether they can perform a task in isolation (Passing a ball with a partner) before they looking to see if this can be replicated in a competitive situation with pressure applied.</p> <p>Assessment through conditioned and competitive games, applying rules covered.</p>
	Handball	<p>In this unit students will focus on developing team attacking and defending strategies and techniques using a set of core skills. Students will experience a range of skill variations with intent to outwit the opposition. Students will look at formations and set plays to ensure they have developed a sound understanding of attacking and defensive strategies. Develop a sound knowledge of positions and rules surrounding footwork, contact, and dribbling. Students should begin to analyse performances and adapt elements to improve.</p>	
	Hockey	<p>This module is a chance to consolidate the skills covered in year 8 and continue to develop their technical knowledge of the hit. They will learn to transition from dribbling to passing and moving the ball into space to play offensively. Defensive play will be developed through the knowledge of set plays. Further coverage of rules regarding set plays such as sideline, hit out and corners will also be covered.</p>	

# Physical Education Year 9 Curriculum Overview



<p><b>19-24 (Spring 2)</b></p>	<p>Fitness option</p> <p>Basketball</p>	<p>Students will look to learn more about the positive effects of exercise on the body and how being active can lead to overall positive health. Teachers will select from a range of methods of training to enthuse and engage students with fitness so that they can be inspired to continue to look after their health, through exercise, now and when they leave school. They will learn the short-term effects of exercise, about heart rates when exercising, how adaptations are made in training, and the benefits of aerobic exercise. In addition to this they will experience changes in their fitness and bodies over the 4 weeks of training.</p> <p>In this unit, students will focus on applying the skills and rules of basketball in conditioned drills and full-sided games. Students will learn how to apply key skills in game situations by adapting their performances to be able to demonstrate success against the opposing team. Students will develop their understanding of how to use tactics to benefit their team's defensive performances. Students will start to develop their ability to umpire small-sided games correctly by applying their knowledge of rules in basketball.</p>	<p>Students will be assessed on their knowledge of the components of fitness, understanding of the methods of training and their ability to perform in them.</p> <p>Students to be assessed against the grading criteria for each section. Students will be assessed on whether they can perform a task in competitive situations against opposing defenders.</p>
<p><b>25-30 (Summer 1)</b></p>	<p>Athletics</p>	<p>In this unit, students will further enhance replication and performance across all disciplines. Students gain a more detailed understanding of fitness and its effect on performance. Students will focus on planning, preparing for and competing in a range of athletic competitions. Students will perform core skills and record personal/collective bests. Students will develop knowledge of the immediate effects of exercise and physically exert themselves throughout.</p>	<p>Recording results of different athletics disciplines against school records with different grades for measurements and times achieved. Identifying good technique and rewarding grades to link in with the GCSE and BTEC criteria.</p>
<p><b>31-38 (Summer 2)</b></p>	<p>Striking and Fielding</p>	<p>In this unit Students will demonstrate consistency, timing and fluency in the execution of core skills for batting, bowling and fielding. Students will work on improving the skill of outwitting opponents as a batter and bowler. Development of decision-making skills will be encouraged through game play. Students should independently be able to score and officiate games.</p>	<p>Students will develop the skills necessary to compete and achieve in Striking and Fielding. Students will be able to be assessed on their ability to bowl the ball using correct technique, their fielding and catching, their</p>

# Physical Education Year 9 Curriculum Overview



			<p>knowledge on the rules of the game and their ability to play a range of shots. To move up the grading criteria, this would be also shown in a competitive situation.</p>
--	--	--	---