

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 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.

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	Handball	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>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 will be assessed on whether they can perform a task in isolation and if this can be replicated in a competitive situation with pressure applied. Fundamentals from basketball and netball will be applied and transferred.</p>
	Hockey	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>Assessment through conditioned and competitive games, applying rules covered.</p>
19-24 (Spring 2)	Fitness option	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	Students will be assessed on their knowledge of the components of fitness, understanding of the

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	Basketball	<p>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>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>25-38 (Summer 1 and 2)</p>	<p>Athletics</p> <p>Striking and Fielding</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>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>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>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 knowledge on the rules of the game and their ability to</p>

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			<p>play a range of shots. To move up the grading criteria, this would be also shown in a competitive situation.</p>
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