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| **Year 9 – Physical Education** |
| **Curriculum intent** | Students are encouraged to engage in a variety of team and individual sports and activities, developing advanced techniques, understand tactics and making decisions. In year 9 learners are introduced to a range of fitness methods and ways to stay healthy, they will have the opportunity to use the fitness facilities after undertaking a gym induction. Students will have the opportunity in every activity area to evaluate and improve their performance |
| **Term** | **Carousel 1 (Autumn)** | **Carousel 2 (Spring)** | **Carousel 3 (Summer)** |
| **Knowledge** | Students will know how to play advanced shots and how to use tactics in the individual and team sports.Students will know how to officiate games with support from othersStudents will develop an understanding of fitness testing, components of fitness and methods of training to improve their fitnessStudents will know and use respect, resilience in all activities, showing an aspiration to developUnderstand how personally warm up appropriately for your activityStudents will further knowledge and understanding of training methods and components of fitness, linking them together. | Students will know how to play advanced shots and how to use tactics in the individual and team sports.Students will know how to officiate games with support from othersStudents will develop an understanding of fitness testing, components of fitness and methods of training to improve their fitnessStudents will know and use respect, resilience in all activities, showing an aspiration to developUnderstand how personally warm up appropriately and support others to be better prepared for your activityStudents will further knowledge and understanding of training methods and components of fitness, linking them together. | Students will know how to play advanced shots and how to use tactics in striking and fielding activities.Know how to officiate their activity with greater confidenceStudents will develop a clear understanding of how to perform track and field events, with greater confidence in officiating accuratelyKnow how to Independently warm up for specific activitiesStudents will further knowledge and understanding of training methods and components of fitness, linking them together. |
| **Skills** | Badminton - developing advance techniques (net, drive, smash, service variety)Football – developing advance techniques (Varied passing, applying spin/curve to the ball)Netball - developing advance techniques (shooting from positions, adv footwork)Fitness – performing a range of techniques safely and to their maximum | Badminton - developing advance techniques (net, drive, smash, service variety)Football – developing advance techniques (Varied passing, applying spin/curve to the ball)Netball - developing advance techniques (shooting from positions, adv footwork)Fitness – performing a range of techniques safely and to their maximum | Rounders – hitting and throwing for accuracy and controlCricket – Attacking/defensive shots with greater controlFitness – performing actions with greater controlAthletics – combining skills to compete in eventsRecord events safely and fairlySupport others through feedback (coaching)Orienteering – planning routes and pacing |
| **Assessments** | Topic overview at the end of each activity using the PE 8 can statementsStudents will be baseline assessed (in game activities) to support groupingsStudents will be formatively assessed through the unit using the ‘Can’ statements | Topic overview at the end of each activity using the PE 8 can statementsStudents will be baseline assessed (in game activities) to support groupingsStudents will be formatively assessed through the unit using the ‘Can’ statements | Topic overview at the end of each activity using the PE 8 can statementsStudents will be baseline assessed (in game activities) to support groupingsStudents will be formatively assessed through the unit using the ‘Can’ statements |
| **Enrichment** | Extracurricular clubsNetballFootballBadmintonTable TennisTrampoliningDofE – Pupils can apply to start the bronze award in Y9 developing – Planning routes, camp craft and first aid | Extra curricular clubsFootball/FutsalBasketballTable TennisDodgeballFitness Suite – inductionsDofE – Pupils can apply to start the bronze award in Y9 developing – Planning routes, camp craft and first aid | Extra curricular clubsCricket / Softball / RoundersBadmintonTrampoline clubsBasketballFitness SuiteDofE – Pupils can apply to start the bronze award in Y9 developing – Planning routes, camp craft and first aid |