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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 others  Students will develop an understanding of fitness testing, components of fitness and methods of training to improve their fitness  Students will know and use respect, resilience in all activities, showing an aspiration to develop  Understand how personally warm up appropriately for your activity  Students 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 others  Students will develop an understanding of fitness testing, components of fitness and methods of training to improve their fitness  Students will know and use respect, resilience in all activities, showing an aspiration to develop  Understand how personally warm up appropriately and support others to be better prepared for your activity  Students 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 confidence  Students will develop a clear understanding of how to perform track and field events, with greater confidence in officiating accurately  Know how to Independently warm up for specific activities  Students 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 control  Cricket – Attacking/defensive shots with greater control  Fitness – performing actions with greater control  Athletics – combining skills to compete in events  Record events safely and fairly  Support others through feedback (coaching)  Orienteering – planning routes and pacing |
| **Assessments** | Topic overview at the end of each activity using the PE 8 can statements  Students will be baseline assessed (in game activities) to support groupings  Students will be formatively assessed through the unit using the ‘Can’ statements | Topic overview at the end of each activity using the PE 8 can statements  Students will be baseline assessed (in game activities) to support groupings  Students will be formatively assessed through the unit using the ‘Can’ statements | Topic overview at the end of each activity using the PE 8 can statements  Students will be baseline assessed (in game activities) to support groupings  Students will be formatively assessed through the unit using the ‘Can’ statements |
| **Enrichment** | Extracurricular clubs  Netball  Football  Badminton  Table Tennis  Trampolining  DofE – Pupils can apply to start the bronze award in Y9 developing – Planning routes, camp craft and first aid | Extra curricular clubs  Football/Futsal  Basketball  Table Tennis  Dodgeball  Fitness Suite – inductions  DofE – Pupils can apply to start the bronze award in Y9 developing – Planning routes, camp craft and first aid | Extra curricular clubs  Cricket / Softball / Rounders  Badminton  Trampoline clubs  Basketball  Fitness Suite  DofE – Pupils can apply to start the bronze award in Y9 developing – Planning routes, camp craft and first aid |