

## Year 9 Curriculum Map : Physical Education

	Autumn	Spring	Summer
<b>Assessment Objectives</b>	<p style="text-align: center;">AO1 – Demonstrate skills, techniques and tactics/strategies to linking skills together to effectively outwit an opponent</p> <p style="text-align: center;">AO2 – To provide leadership and coaching feedback to evaluate and improve performance</p> <p style="text-align: center;">AO3 – To apply knowledge of techniques, key terminology and rules &amp; regulations to specific sporting and physical activities.</p>		
<b>Unit Length</b>	8 lessons per sporting activity	8 lessons per sporting activity	8 lessons per sporting activity
<b>Key Learning Outcomes</b>	<p><u>Basketball-</u></p> <ol style="list-style-type: none"> <li>How do I attack space individually and as a team?</li> <li>How can I improve my shooting technique when in motion?</li> <li>When should I pass, dribble or shoot to exploit space?</li> <li>What attacking strategies can I use to exploit space?</li> <li>What defensive strategies can I use to minimise space?</li> <li>Which skills and qualities do I need to organise and run a competition?</li> <li>How can I improve my individual skill and linking of skills for increased performance?</li> </ol> <p><u>Netball-</u></p> <ol style="list-style-type: none"> <li>How to apply the positions to competitive situations and know the offside rule?</li> <li>How do I apply correct footwork?</li> <li>How do I shoot in a game?</li> <li>How do I mark the ball/player/space and what is obstruction?</li> <li>How do I use attacking tactics in a game?</li> <li>How do I use defensive tactics?</li> <li>How do I umpire?</li> </ol> <p><u>Football-</u></p> <ol style="list-style-type: none"> <li>How do we pass and move?</li> <li>How can we mark space instead of an opposition player?</li> <li>How can we attack at speed when initially gaining possession?</li> </ol>	<p><u>Fitness</u></p> <ol style="list-style-type: none"> <li>Pre fitness tests</li> <li>Components of fitness recap</li> <li>Training Principals – progression</li> <li>Training Principals – overload</li> <li>Methods of training continuous and flexibility</li> <li>Methods of training – Interval and Fartlek</li> <li>Student Leadership of creating own Training plan</li> <li>Assessment – Post fitness Tests</li> </ol> <p><u>Badminton-</u></p> <ol style="list-style-type: none"> <li>Why is depth important to begin a game of Badminton to attack your opponent?</li> <li>How can I attack a serve return to link shots together effectively to outwit an opponent?</li> <li>How can I implement tactics in single half court games to outwit my opponent?</li> <li>What shot/s can be played when the shuttle is on the backhand side?</li> <li>Why does disguising a drop shot outwit my opponent?</li> <li>How can I defend from my opponents attacking shots to stay in points?</li> <li>How do I implement all my skills in a full court singles game</li> <li>How can I umpire a full court singles game?</li> </ol> <p><u>TAG Rugby</u></p> <ol style="list-style-type: none"> <li>How can I effectively pass to maintain possession?</li> <li>What advantage does passing and evasive running provide when attacking</li> <li>What does using the gain line allow when running with the ball?</li> </ol>	<p><u>Cricket-</u></p> <ol style="list-style-type: none"> <li>To know ways how to be an effective Spin bowler</li> <li>To know how to attack space with a Hook shot</li> <li>To know how to make the right decisions when batting to outwit aa opponent</li> <li>To adapt my batting/bowling and make good decisions to outwit an opponent</li> <li>To know to be an effective Wicket Keeper</li> <li>To know some rules of Umpiring and can implement them into a small game situation</li> <li>I know a range of rules of Umpiring and can implement them into a small game situation</li> </ol> <p><u>Athletics-</u></p> <ol style="list-style-type: none"> <li>Sprinting – how can I become faster?</li> <li>How can I transfer the baton at the maximum speed?</li> <li>Why do I need to pace myself when running for a prolonged period?</li> <li>What impact does momentum and trajectory have on throwing distances?</li> <li>What impact does speed, power and height have on my jumps?</li> </ol> <p><u>Rounders-</u></p> <ol style="list-style-type: none"> <li>How do we throw effectively?</li> <li>How do we catch effectively</li> <li>How to attack space in a competitive situation-</li> <li>What methods can we use to outwit our opponent?</li> <li>How do we bat the ball?</li> <li>What are the rules of rounders?</li> </ol>

	<p>4. Why do we switch play when using width?  5. What methods can we apply to beat a defender?  6. What formations can we apply to work as a team?  7. How can I apply leadership to support my team with formations and applying tactics to outwit?</p> <p><u>Handball-</u>  1. How can I transfer possession of the ball in Handball?  2. How can I travel with the ball in Handball?  3. Which methods of shooting can I use to score a goal in Handball?  4. How can I defend a player in Handball?  5. What rules do I need to know to umpire a game of Handball?  6. How can formations support my team performance in Handball?</p>	<p>4. When should I pass, run or dodge effectively in a competitive situation?  5. What is a Grubber kick and when is it most effective to be used?  6. What rules can be applied in a competitive game and what are the signals for this?</p>	<p>7. How do I bowl effectively?  8. What are the positions in rounders?  9. What are the fielding tactics used in rounders?</p>
<b>Prior knowledge</b>	<p>Students have previous studied these sporting activities in Y7 &amp; Y8 with the overarching concept of “attacking space.”  Please refer to Y7 and Y8 curriculum map for prior focus of lessons</p>	<p>Students have previously covered all activities above.  Please refer to Y7 and Y8 curriculum map for prior focus of lessons</p>	<p>Students have previous studied these sporting activities in Y7 &amp; Y8.  Please refer to Y7 and Y8 curriculum map for prior focus of lessons</p>
<b>CEIAG Specific careers links</b>	<p>Officiating  Sports coaching  Performance Analyst</p>	<p>Officiating  Sports coaching  Performance Analyst  Choreographer  Fitness Instructor  Nutritionist  Strength &amp; Conditioning Coach</p>	<p>Officiating  Sports coaching  Performance Analyst</p>
<b>RRSA</b>	<p>Article 28- right to education  Article 29- goals of education  Article 31- leisure, play and culture</p>	<p>Article 13- freedom of expression  Article 28- right to education  Article 29- goals of education</p>	<p>Article 28- right to education  Article 29- goals of education</p>
<b>Cross curricular links</b>	<p>DT- trajectory of an item  Maths- angles and trajectory  Physics- forces and movement</p>	<p>Physics- forces and movement  Hospitality- nutritional components  Science- Muscles and bones of the body, heart rate values</p>	<p>DT- trajectory of an item  Maths- angles and trajectory  Physics- forces and movement, speed distance and time</p>

<p>Useful websites/vi deos</p>	<p><a href="#">Handball Rules: How To Play Handball   Rules of Sport</a>  <a href="#">Netball Positions Court Diagram Showing Where they Can Go (theukrules.co.uk)</a>  <a href="#">Formations in football – the development from 1-1-8 to 3-5-2 (footballhistory.org)</a>  <a href="#">Football tactics and formations explained: the most common systems – and how to beat them   FourFourTwo</a>  <a href="#">The Tactic In Basketball You Should To Know (basketballslab.com)</a></p>	<p><a href="#">Rugby union grubber kick - Rugby union - essential skills and techniques - GCSE Physical Education Revision - OCR - BBC Bitesize</a>  <a href="#">The Basic Rules Of Rugby: A Helpful Guide – Rugby Roar</a>  <a href="#">Badminton Techniques, Shots and Skills (masterbadminton.com)</a>  <a href="#">The different methods of training - Methods and effects of training - Edexcel - GCSE Physical Education Revision - Edexcel - BBC Bitesize</a></p>	<p><a href="#">The Fundamental Skills of Cricket - Cricketer's Choice (cricketerschoice.com)</a>  <a href="#">10 Basic Rules of Rounders   Simple Guide for Beginners (theukrules.co.uk)</a>  <a href="#">Hurdles in athletics - Athletics - essential skills and techniques - GCSE Physical Education Revision - Edexcel - BBC Bitesize</a></p>
<p>Wider Reading</p>			
<p>Literacy Programme</p>	<ul style="list-style-type: none"> <li>• Decode it NOW</li> <li>• Literacy keywords</li> <li>• Oracy of the use of keywords relevant to the lesson</li> </ul>	<ul style="list-style-type: none"> <li>• Decode it NOW</li> <li>• Literacy keywords</li> <li>• Oracy of the use of keywords relevant to the lesson</li> </ul>	<ul style="list-style-type: none"> <li>• Decode it NOW</li> <li>• Literacy keywords</li> <li>• Oracy of the use of keywords relevant to the lesson</li> </ul>
<p>Independent Learning Tasks</p>	<p>Attendance at extra-curricular clubs  Knowledge Organiser practice Questions.</p>	<p>Attendance at extra-curricular clubs  Knowledge Organiser practice Questions.</p>	<p>Attendance at extra-curricular clubs  Knowledge Organiser practice Questions.</p>