

Year 9 Curriculum Map : Physical Education

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

	<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>
Prior knowledge	<p>Students have previous studied these sporting activities in Y7 & 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 & Y8. Please refer to Y7 and Y8 curriculum map for prior focus of lessons</p>
CEIAG Specific careers links	<p>Officiating Sports coaching Performance Analyst</p>	<p>Officiating Sports coaching Performance Analyst Choreographer Fitness Instructor Nutritionist Strength & Conditioning Coach</p>	<p>Officiating Sports coaching Performance Analyst</p>
RRSA	<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>
Cross curricular links	<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>

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