

# PHYSICAL EDUCATION



**ALDER**  
Community High School

## YEAR 9

STUDENTS TAKE PART IN DIFFERENT BLOCKS ON A CAROUSEL THROUGHOUT THE ACADEMIC YEAR

<b>PE NATIONAL CURRICULUM</b>	<p>Common themes that run through each block in line with the National Curriculum:</p> <ul style="list-style-type: none"><li>• <b>Motor Competence</b></li><li>• <b>Rules, strategies, and tactics</b></li><li>• <b>Healthy Participation</b></li></ul>
<b>ASSESSMENT</b>	<p>Students are assessed using the holistic <b>HEAD/ HEART/ HANDS</b> model:</p> <ul style="list-style-type: none"><li>• <b>HEAD:</b> Rules, strategies, and tactics</li><li>• <b>HEART:</b> Alder values</li><li>• <b>HANDS:</b> Motor competence</li></ul>
<b>Declarative Knowledge</b>	<ul style="list-style-type: none"><li>• Students should understand the technical teaching points of certain skills in a variety of sports/ activities and be able to refine them</li><li>• Students will understand the more advanced rules of different sports/ activities</li><li>• Students should know how they conduct themselves safely and how to prepare themselves when participating in different sports/ activities</li><li>• Students should be aware of the fitness requirements for that sport/ activity e.g. speed, power, flexibility and how they affect performance</li><li>• Students will be able to apply more advanced strategies and tactics to different sports and activities</li></ul>



Knowledge				Key Vocabulary
Block	Motor Competence	Rules	Strategies and tactics	
<b>Basketball</b>	<ul style="list-style-type: none"> <li>• Passing - <i>How to hold the ball, stance, body position</i></li> <li>• Dribbling – <i>hands and head position</i></li> <li>• Shooting – <i>B.E.E.F principle, place ball in square, correct footwork</i></li> <li>• Footwork – <i>one foot anchored</i></li> <li>• Triple threat position – <i>ball at hip, eyes looking, wide stance</i></li> <li>• How to move to create space</li> </ul> <p>Use the skills and techniques effectively in equal sided game play situations</p>	<ul style="list-style-type: none"> <li>• How to start game</li> <li>• How to restart game</li> <li>• How to dribble – <i>travelling and double dribble</i></li> <li>• How many players on court?</li> <li>• Points system – 2 points and 3 points</li> <li>• Personal and team fouls</li> <li>• Shot clock</li> <li>• Screen and charge</li> </ul>	<ul style="list-style-type: none"> <li>• Man to man defence</li> <li>• Zonal marking</li> <li>• Marking off the ball</li> <li>• Fast break</li> <li>• How to use different passes in different situations</li> <li>• Half court and full court press</li> </ul>	Body positioning Service angle Flight of shuttle Angles of shot Forehand Backhand Smash Overhead Drop shot Tactics Game plan Officiating Umpiring Adjustments Variations Anticipation
<b>Football</b>	<ul style="list-style-type: none"> <li>• Passing – <i>stance, contact with ball, arms, head</i></li> </ul>	<ul style="list-style-type: none"> <li>• How to start game</li> <li>• How to restart game</li> <li>• How to perform throw in</li> </ul>	<ul style="list-style-type: none"> <li>• Play in either attack, midfield, defence</li> </ul>	Attack



	<ul style="list-style-type: none"> <li>• Dribbling – <i>stance, contact with ball, speed, arms, head, opposition, different turn and tricks</i></li> <li>• Shooting – <i>contact with ball, non-kicking foot, arms, body position</i></li> <li>• Control – <i>contact with ball, body position</i></li> <li>• Heading – <i>contact with ball, arms, body position</i></li> <li>• Tackling – <i>contact with ball, body shape, side of foot</i></li> <li>• Spatial awareness – <i>losing defender, running into free space</i></li> </ul> <p>Use the skills and techniques effectively in equal sided game play situations</p>	<ul style="list-style-type: none"> <li>• How many players on the pitch?</li> <li>• How to score a goal</li> <li>• Offside rule</li> <li>• Rules of tackling</li> </ul>	<ul style="list-style-type: none"> <li>• More defensive formation</li> <li>• More attacking formation</li> <li>• Strategies for set pieces</li> <li>• Ideas that will improve team based on previous performance</li> <li>• Adapt formations to meet the needs of the team</li> </ul>	<p>Defence</p> <p>Pressing</p> <p>Formation</p> <p>Finding and using space</p> <p>Changing speed</p> <p>Marking</p> <p>Covering</p> <p>Delaying</p> <p>Moving feet</p> <p>Switch</p> <p>Man on</p> <p>Lofted pass</p> <p>Cross</p> <p>Shape</p> <p>Formation</p> <p>Laces</p> <p>Watching the ball</p> <p>Following through</p>
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<b>Badminton/ Table Tennis &amp; Pickleball</b>	<ul style="list-style-type: none"> <li>Serves – <i>stance, grip, racket position, contact with shuttle</i></li> <li>Clears – <i>stance, grip, racket position, non-racket arm, contact point with shuttle</i></li> <li>Net shot – <i>stance, grip, racket position, contact with shuttle</i></li> <li>Drop shot – <i>stance, grip, racket position, non-racket arm, contact point with shuttle</i></li> <li>Smash – <i>stance, grip, racket position, non-racket arm, contact with shuttle</i></li> <li>Court position – <i>returning to the T after every shot in singles</i></li> </ul> <p>Use the skills and techniques effectively in equal sided game play situations</p>	<ul style="list-style-type: none"> <li>How to serve</li> <li>Who serves?</li> <li><i>Ins</i> and <i>outs</i> for singles</li> <li>Points system</li> <li><i>Ins</i> and <i>outs</i> for doubles</li> </ul>	<ul style="list-style-type: none"> <li>Move opponents around the court</li> <li>Play object more to backhand</li> <li>Hit object into open space on court</li> <li>Different formations for doubles e.g. front and back or side by side</li> <li>Play object to opponents' weakness</li> </ul>	Body positioning Service angle Flight of shuttle Angles of shot Forehand Backhand Smash Overhead Drop shot Tactics Game plan Officiating Umpiring Adjustments Variations Anticipation
<b>Trampolining</b>	<ul style="list-style-type: none"> <li>Safety – <i>spotting, stay in centre, on and off the trampoline</i></li> </ul>	<ul style="list-style-type: none"> <li>3 bounces before routine</li> <li>Higher complexity of skill = higher marks</li> </ul>	<ul style="list-style-type: none"> <li>Link components that flow together</li> <li>Pick components that retain height</li> </ul>	Aesthetics Flight



	<ul style="list-style-type: none"> <li>Bouncing – <i>arms for balance, head up split foot land &amp; ankles together in air, stay on cross, stop safely</i></li> <li>Shapes – <i>tuck, pike, straddle, body tension and flexibility</i></li> <li>Twists – <i>Half twist, full twist, body position</i></li> <li>Landings – <i>seat, front, back linking in different entries and exits from landing</i></li> <li>Rotation – <i>front and back</i></li> <li>Routines – <i>6 to 8 bounce routines incorporating the different components showing more height, control and fluency</i></li> </ul> <p>Use the skills and techniques more effectively in longer (8-10 bounce) routines including more complex entries and exists from different skills</p>	<ul style="list-style-type: none"> <li>More complex routine = higher marks</li> <li>Greater body tension and flexibility = higher marks</li> <li>Landing on the cross = higher marks</li> </ul>	<ul style="list-style-type: none"> <li>Pick components that you can execute well</li> <li>Select more complex skills to gain more marks</li> </ul>	<p>Tuck</p> <p>Straddle</p> <p>Pike</p> <p>Seat Drop</p> <p>Front Drop</p> <p>Back Drop</p> <p>Swivel Hips</p> <p>½ Twist</p> <p>Full Twist</p> <p>Tension</p> <p>Extension</p> <p>Landings</p> <p>Spotting balance</p> <p>Routine</p>
<b>Rugby</b>	<ul style="list-style-type: none"> <li>Passing the ball – <i>hand position, body position, swing across body, aim for teammates chest, miss pass, switch pass</i></li> </ul>	<ul style="list-style-type: none"> <li>Passing – no forward passes</li> <li>Tackling – below shoulder</li> <li>How to restart play – from try, side-lines, penalty</li> <li>How to score try</li> </ul>	<ul style="list-style-type: none"> <li>When to run or pass</li> <li>Where to run or pass</li> <li>What type of pass to use?</li> </ul>	<p>Attack</p> <p>Defence</p> <p>Pressing</p> <p>Formation</p>



	<ul style="list-style-type: none"> <li>Running with the ball – <i>how to hold ball, sidesteps, dummy steps, speed</i></li> <li>Catching the ball – <i>eyes on ball, W position with both hands, secure to chest, hold ball with two hands</i></li> <li>Contact and ripping – <i>head to one side, arms wide, wrap around opponent, fall on side, rip away from opponent towards your team</i></li> <li>Tackling from front – <i>low position, target thighs, make contact with shoulder, wrap arms around, pull opponent to one side and fall on top</i></li> <li>Presenting the ball when tackled</li> <li>Ruck – <i>body position, present ball towards team, protect player on floor</i></li> <li>Maul – <i>body position, present ball, protect player with ball</i></li> <li>Kicking – <i>body position, contact with ball, target</i></li> </ul> <p>Use the skills and techniques effectively in equal sided game play situations</p>	<ul style="list-style-type: none"> <li>Points system – 5 points for try</li> <li>How long the game is played for</li> <li>The ruck and maul</li> <li>Kicking – restart play</li> </ul>	<ul style="list-style-type: none"> <li>Positions of players on the team</li> <li>When to kick</li> <li>Supporting player with ball</li> <li>Organising team when a ruck or maul has been created</li> </ul>	<p>Finding and using space</p> <p>Changing speed</p> <p>Play the ball</p> <p>Delaying</p> <p>Anticipation</p> <p>Try</p> <p>Tackle</p> <p>Ruck</p> <p>Maul</p> <p>Conversion</p> <p>Penalty</p> <p>Loop scissors</p> <p>Forwards</p> <p>Backs</p> <p>Lineout</p> <p>Intercepting</p>
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<b>Dance</b>	<ul style="list-style-type: none"> <li>• Work cooperatively as a member of a team to communicate their thoughts and creative ideas when choreographing movement</li> <li>• Explore choreographic content to present an interesting and engaging performance</li> <li>• Be able to use visual stimuli as a way of generating movement</li> <li>• Be able to perform movement in a stylistically accurate way</li> </ul>	<ul style="list-style-type: none"> <li>• Performance etiquette</li> <li>• Audience etiquette</li> </ul>	N/A	Motif  Genre  Stylistic  Performance  Action  Space  Unison  Choreography
<b>Netball</b>	<ul style="list-style-type: none"> <li>• Passing – <i>stance, body position, hands, head, eyes</i></li> <li>• Catching – <i>hands, body position, stance</i></li> <li>• Footwork – <i>1-2- and 2-foot landing, pivot</i></li> <li>• Dodging – <i>speed, feint, timing, movement</i></li> <li>• Marking – <i>from the side, front and off the ball</i></li> <li>• Spatial awareness – <i>losing marker, running into space</i></li> <li>• Getting free – <i>sprint, feint, dodge</i></li> </ul>	<ul style="list-style-type: none"> <li>• Scoring system</li> <li>• How to restart game</li> <li>• Fouls</li> <li>• Footwork</li> <li>• How long game is played</li> <li>• Positions on court and where you can go</li> <li>• Free pass and penalty pass</li> </ul>	<ul style="list-style-type: none"> <li>• When to run or pass</li> <li>• Where to run or pass</li> <li>• What type of pass to use?</li> <li>• Positions of players on the team</li> <li>• Marking strategies</li> <li>• Selection of positions according to strengths of team</li> <li>• Possession of ball</li> </ul>	Marking  Covering  Footwork  Obstruction  Contact  Dodge  Centre  Pivot



	Use the skills and techniques effectively in equal sided game play situations		<ul style="list-style-type: none"> <li>Changing player positions based on team performance</li> </ul>	Chest pass Bounce pass Feint Repossession Offside
<b>Athletics</b>	<ul style="list-style-type: none"> <li>Running – <i>starts, arm action, leg drive, shoulder, head, breathing, race finishes</i></li> <li>Jumping – <i>take-off and landing technique, arms and legs in air</i></li> <li>Throwing – <i>grip, stance, body position, transferring weight, release of object, follow through, angle of release</i></li> <li>Safety – <i>spatial awareness, throwing zones, equipment safety</i></li> </ul> <p>Use the skills and techniques to improve time and distance from previous year</p>	<ul style="list-style-type: none"> <li>Running – <i>lanes, starts, starting position</i></li> <li>Jumping – <i>take off, footwork, landing, measuring</i></li> <li>Throwing – <i>Holding equipment, release of object, measuring</i></li> </ul>	<ul style="list-style-type: none"> <li>Running – <i>pacing strategies, strong start or strong finish</i></li> <li>How to run a bend</li> <li>Different strategies to throw and jump to maximise performance</li> </ul>	<b>Running</b> Stride length Acceleration Pacing  <b>Jumping</b> Acceleration Hang time Landing Momentum High jump Triple jump Long jump





				<b>Throwing</b>  Grip Stance Release Weight distribution Transfer Shot put Javelin Discus
<b>Outdoor Adventurous Activities</b>	<ul style="list-style-type: none"> <li>• Work independently to solve problems</li> <li>• Work as part of a team to solve problems</li> <li>• Follow a more advanced line map of the school</li> <li>• Be able to identify key symbols from a map</li> <li>• Be able to locate different areas in line with key symbols</li> </ul>	<ul style="list-style-type: none"> <li>• Follow a specific route on a map</li> <li>• Follow rules of how to use specific equipment</li> </ul>	<ul style="list-style-type: none"> <li>• Identify the quickest way to solve a problem</li> <li>• Logistically plan a way to complete maps as quick as possible</li> <li>• Evaluate team performance and make improvements</li> </ul>	Maps Birdseye Scale Symbol Key View
<b>Striking &amp; Fielding (Cricket,</b>	<ul style="list-style-type: none"> <li>• Batting – <i>stance, contact with object, follow through</i></li> </ul>	<ul style="list-style-type: none"> <li>• Scoring system</li> <li>• How to bowl</li> <li>• How to get a runner out</li> <li>• Rules of the batter</li> </ul>	<ul style="list-style-type: none"> <li>• Where to hit</li> <li>• When to run</li> <li>• Where to throw</li> <li>• Field positions</li> </ul>	Stance Batting square Post fielder



<b>Softball, Rounders)</b>	<ul style="list-style-type: none"><li>• Bowling – <i>stance, body position, footwork, height, pace of bowl</i></li><li>• Fielding – <i>rolling, underarm and overarm throw, short &amp; long barrier, body position</i></li><li>• Catching – <i>two hand catch, one hand catch, hand position, body position, eyes</i></li><li>• Running – <i>from base or stump, running when fielding</i></li></ul> <p>Use the skills and techniques effectively in equal sided game play situations</p>	<ul style="list-style-type: none"><li>• Rules of the field e.g. player positions</li></ul>	<ul style="list-style-type: none"><li>• Adapting field positions to meet the needs of the team</li><li>• Selecting the correct shot to use in different fielding situations</li></ul>	Deep fielder Innings Backward hit Bowling square Obstruction Accuracy Long and short barrier Anticipation Umpire
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