



Year 9 Curriculum Overview - Boys

Half Term 1	
Date	Head – the thinking physical being: decision maker, analytical – deep understanding, confident. Badminton & Football
WC 02/09	I can explain why feedback is essential to improving performance.
WC 09/09	I can confidently explain why another student's technique will or will not allow them to be successful.
WC 16/09	I can watch footage of my own performance and identify areas for improvement.
WC 23/09	I can utilise feedback to improve my own performance and consistently apply this to my practice.
WC 30/09	I can explain a variety of feedback methods and use these to improve my peers performance in a competitive environment.
WC 07/10	I can confidently coach on a 1-1 basis with the use of a perfect model video.
WC 14/10	End of Term Assessment (Plickers)
Half Term 2	
Date	Heart – the social and emotional change physical being: involvement and engagement, learning behaviours and attitudes, character and values, healthy active lifestyle. Methods of training & Rugby
WC 04/11	I can design sports specific warm ups and lead these with confidence.
WC 11/11	I can create practices given certain scenarios and lead these with confidence in a small group.
WC 18/11	I understand heart rate training zones and can confidently explain when my anaerobic and aerobic energy systems are in use.
WC 25/11	I can explain how different athletes rely on different energy systems and I can find instances in events/sports where both are used.
WC 02/11	I can explain which components of fitness an athlete would require to be successful in their chosen sport/event.
WC 09/11	I can confidently design a training program which works on specific components of fitness.
WC 16/11	End of Term Assessment (Plickers)
Half Term 3	
Date	Hands – the doing physical being: physically competent, growth and development, physically active, competitive. Handball & Basketball.
WC 06/01	I understand which fundamental skills are required to be successful at handball, and I can identify how these are used/linked together in a competitive situation.
WC 13/01	When a skill is demonstrated, I can break down the key teaching points and perform this skill in isolation, working on the key components.
WC 20/01	I have mastered the core skills required to be successful in handball when performed in isolation.
WC 27/01	Core skills have now become autonomous and I can link these together with fluidity.
WC 03/02	The fluidity in my skills means I can now consider tactics when applying skills in a competitive environment.
WC 10/02	Confidence in my skills are evident in a competitive environment, and I regularly apply tactics to outwit opponents.
WC 17/02	End of Term Assessment (Plickers)
Half Term 4	
Date	Hands – the doing physical being: physically competent, growth and development, physically active, competitive. Netball & Boxercise.
WC 24/02	I understand which fundamental skills are required to be successful at netball, and I can identify how these are used/linked together in a competitive situation.
WC 02/03	When a skill is demonstrated, I can break down the key teaching points and perform this skill in isolation, working on the key components.
WC 09/03	I have mastered the core skills required to be successful in netball when performed in isolation.
WC 16/03	I can link together the skills I have developed and demonstrate these in a competitive environment.
WC 23/03	Confidence in my skills are evident in a competitive environment, and I regularly apply tactics to outwit opponents.
WC 30/03	End of Term Assessment (Plickers)
Half Term 5	
Date	Heart – the social and emotional change physical being: involvement and engagement, learning behaviours and attitudes, character and values, healthy active lifestyle. Athletics - Track & Rounders.
WC 20/04	I can design sports specific warm ups and cool downs.
WC 27/04	I can identify the key fitness components required to be successful in short, mid and long-distance track events and I can identify which events I will be most successful in.
WC 05/05	I can design event specific training sessions and justify why these can help improve a chosen athlete in there event.
WC 11/05	I can confidently lead small groups in event specific training sessions.
WC 18/05	End of Term Assessment (Plickers)
Half Term 6	
Date	Head – the thinking physical being: decision maker, analytical – deep understanding, confident. Cricket & Athletics - Field
WC 01/06	I can recall the different roles in cricket and can remember fundamental rules to umpire a game of cricket.
WC 08/06	I can analyse other peers batting technique and suggest ways to improve this.
WC 15/06	I can confidently coach another student how to perform an overarm bowl in cricket.
WC 22/06	I understand different types of fielders in cricket and can explain their roles in the game. (outfield/infield).
WC 29/06	I can confidently umpire a game of cricket.
WC 06/07	End of Term Assessment (Plickers)

