



## Armfield Academy – PE

### Year 9 Curriculum Overview - Girls



<b>Half Term 1</b>	
Date	<b>Heart – the social and emotional change physical being: involvement and engagement, learning behaviours and attitudes, character and values, healthy active lifestyle.</b> <b>Methods of training &amp; Netball</b>
WC 02/09	I can design sports specific warm ups and lead these with confidence.
WC 09/09	I can create practices given certain scenarios and lead these with confidence in a small group.
WC 16/09	I understand heart rate training zones and can confidently explain when my anaerobic and aerobic energy systems are in use.
WC 23/09	I can explain how different athletes rely on different energy systems and I can find instances in events/sports where both are used.
WC 30/09	I can explain which components of fitness an athlete would require to be successful in their chosen sport/event.
WC 07/10	I can confidently design a training program which works on specific components of fitness.
WC 14/10	End of Term Assessment (Plickers)
<b>Half Term 2</b>	
Date	<b>Head – the thinking physical being: decision maker, analytical – deep understanding, confident.</b> <b>Badminton &amp; Football</b>
WC 04/11	I can explain why feedback is essential to improving performance.
WC 11/11	I can confidently explain why another student's technique will or will not allow them to be successful.
WC 18/11	I can watch footage of my own performance and identify areas for improvement.
WC 25/11	I can utilise feedback to improve my own performance and consistently apply this to my practice.
WC 02/12	I can explain a variety of feedback methods and use these to improve my peers performance in a competitive environment.
WC 09/12	I can confidently coach on a 1-1 basis with the use of a perfect model video.
WC 16/12	End of Term Assessment (Plickers)
<b>Half Term 3</b>	
Date	<b>Hands – the doing physical being: physically competent, growth and development, physically active, competitive.</b> <b>Tag Rugby &amp; Boxercise.</b>
WC 06/01	I understand which fundamental skills are required to be successful at tag rugby, 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 tag rugby 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)
<b>Half Term 4</b>	
Date	<b>Hands – the doing physical being: physically competent, growth and development, physically active, competitive.</b> <b>Handball &amp; Basketball.</b>
WC 24/02	I understand which fundamental skills are required to be successful at tag rugby, 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 tag rugby 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)
<b>Half Term 5</b>	
Date	<b>Head – the thinking physical being: decision maker, analytical – deep understanding, confident.</b> <b>Cricket &amp; Athletics - Field</b>
WC 20/04	I can recall the different roles in cricket and can remember fundamental rules to umpire a game of cricket.
WC 27/04	I can analyse other peers batting technique and suggest ways to improve this.
WC 05/05	I can confidently coach another student how to perform an overarm bowl in cricket.
WC 11/05	I understand different types of fielders in cricket and can explain their roles in the game. (outfield/infield).
WC 18/05	End of Term Assessment (Plickers)
<b>Half Term 6</b>	
Date	<b>Heart – the social and emotional change physical being: involvement and engagement, learning behaviours and attitudes, character and values, healthy active lifestyle.</b> <b>Athletics - Track &amp; Rounders</b>
WC 01/06	I can design sports specific warm ups and cool downs.
WC 08/06	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 15/06	I can design event specific training sessions and justify why these can help improve a chosen athlete in there event.
WC 22/06	I can confidently lead small groups in event specific training sessions.
WC 29/06	I can explain at which points in any event the body requires specific energy systems/fitness components.
WC 06/07	End of Term Assessment (Plickers)

