

# Year 9 Curriculum Plan

## PE



Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
PRIOR LEARNING	Cross country and Football	Table Tennis and Handball		Rugby and Badminton		Health Related Fitness and Leadership		Softball		Athletics	
	In KS2, Year 7 and Year 8, pupils will have learnt to use a range of tactics and strategies in a variety of sports to overcome opponents in direct competition, in both team and individual games. Pupils will have also been taught how to develop their technique and how to improve their performance in a wide range of competitive sports. In year 8, pupils will have been able to analyse their performance in a range of activities to allow them to compare their performance and demonstrate knowledge of how to improve to achieve their personal best. The year 7 and 8 curriculum will also have allowed pupils to take part in Outdoor and Adventurous activities which will have encouraged them to work in a team and develop their problem-solving skills.										
KNOWING WHAT...	Pupils will learn the core skills needed for the following sports:  <b>Cross country</b> <ul style="list-style-type: none"><li>Endurance and pacing</li></ul> <b>Football</b> <ul style="list-style-type: none"><li>Passing and control</li><li>Movement</li><li>Defending - zonal marking</li><li>crossing &amp; attacking techniques</li></ul>	Pupils will learn the core skills needed for the following sports:  <b>Table Tennis:</b> <ul style="list-style-type: none"><li>Serve and returning a serve</li><li>Offensive strokes to include forehand and backhand Hit, Flick and Smash</li><li>Defensive Strokes to include forehand and backhand push/slice and chop</li></ul> <b>Handball:</b> <ul style="list-style-type: none"><li>Passing and receiving</li><li>Shooting and attacking play</li><li>Defending and blocking</li><li>Movement with and without the ball</li></ul>		Pupils will learn the core skills needed for the following sports:  <b>Rugby:</b> <ul style="list-style-type: none"><li>Spin, both ways</li><li>Feint</li><li>Swerve</li><li>Dummying</li><li>Switching</li><li>Other set plays</li><li>Tackling:</li><li>Basic technique from rear</li><li>Smothering</li></ul> <b>Badminton:</b> <ul style="list-style-type: none"><li>Development of core and advanced skills.</li><li>Strategies focusing on attacking and defending.</li><li>Development of shot selection.</li></ul>		Pupils will learn the core skills needed for the following sports:  <b>Health Related Fitness</b> <ul style="list-style-type: none"><li>Perform an organised 3 part warm up</li><li>Components of fitness and their importance in sports</li><li>Principles of training and training types; fartlek, circuit &amp; interval training</li></ul> <b>Leadership</b> <ul style="list-style-type: none"><li>Planning and leading warmups.</li><li>Planning and leading cool downs.</li><li>The role of a coach and an official.</li><li>Communication skills.</li></ul>		Pupils will learn the core skills needed for the following sports:  <b>Softball</b> <ul style="list-style-type: none"><li>Throwing, catching and fielding a grounder</li><li>Pitching</li><li>Role of the batter</li><li>Positions of the softball field</li></ul>		Pupils will learn the core skills needed for the following sports:  <b>Athletics</b> <ul style="list-style-type: none"><li>Development of sprinting including a sprint start and the relay event.</li><li>Endurance running.</li><li>Development of fielding events.</li></ul>	

The PE curriculum will include a broad range of activities during their KS3 Journey. The KS3 curriculum aims to allow pupils to develop their sporting ability across different sports, techniques, analysis of performance, strategic decision-making skills and how to lead a healthy active lifestyle.

The KS3 activities that each year group will follow will vary slightly throughout the school year due to teaching space availability.

**Updated:** December 2023

# Year 9 Curriculum Plan

## PE



KNOWING HOW...	<ul style="list-style-type: none"> <li>• To describe how the body adapts and benefits from regular exercise.</li> </ul>	<ul style="list-style-type: none"> <li>• How to develop their confidence and leadership qualities so that they feel confident enough to lead large group warmups or activities.</li> </ul>	<ul style="list-style-type: none"> <li>• To describe short and long-term effects of exercise of physical, mental and social wellbeing.</li> <li>• To identify problems with technique so that they can apply teaching points to correct these mistakes.</li> </ul>	<ul style="list-style-type: none"> <li>• Different training methods are used to support a variety of performers sporting needs.</li> <li>• Analyse ways skills and tactics could improve the quality of performance.</li> <li>• To become a positive role model by demonstrating commitment and inspiring others.</li> </ul>	<ul style="list-style-type: none"> <li>• The components of fitness, principles of training and effects of exercise can improve performance.</li> <li>• To evaluate the technical and tactical demands of performance.</li> <li>• To plan, lead and justify an effective coaching session.</li> </ul>	<ul style="list-style-type: none"> <li>• To demonstrate, with consistent accuracy and success, a range of appropriate skills, techniques and tactics in challenging activities.</li> <li>• To embrace challenges, be resilient to setbacks and always give 100%.</li> </ul>
ASSESSMENT	<p>Pupils will undertake both cross-country and a variety of sports as part of their baseline assessment. The focus of this assessment will be to assess pupils' core fundamental movement skills, their communication within competitive sports and their ability to apply simple tactics linking to both attacking and defending.</p> <p>The assessment will be ongoing which will allow staff to watch pupils in a variety of sports and activities.</p> <p>Pupils will be assessed against the PE Assessment model 'Head, Hand and Heart'.</p> <p>Head – Pupils knowledge and understanding. Problem solving skills, Analysis of performance and feedback.</p> <p>Hand – Pupils physical ability, their technique and tactics. Pupils will also be assessed on their development of fitness.</p> <p>Heart – Pupils leadership skills, communication, respect for others, resilience and confidence.</p>					

The PE curriculum will include a broad range of activities during their KS3 Journey. The KS3 curriculum aims to allow pupils to develop their sporting ability across different sports, techniques, analysis of performance, strategic decision-making skills and how to lead a healthy active lifestyle.

The KS3 activities that each year group will follow will vary slightly throughout the school year due to teaching space availability.

**Updated:** December 2023