



CHORLTON HIGH SCHOOL: CURRICULUM

CHS Curriculum Intent

SUCCESSFUL: Learners who gain deep and powerful knowledge in preparation for life; combining academic rigour, curiosity and creative flair.

CREATIVE: Learners who are imaginative, optimistic and inventive; finding their voice to become effective communicators prepared for lifelong adaptability

HAPPY: Learners who are confident, resilient, well-rounded citizens; they understand the world's communities and are ready to discover their place in it.

CHS Curriculum Area Framework for Learning – Year 9

SUBJECT	PE
INTENT	<p>Physical education supports the curriculum's vision for our young people of enabling students to become confident, connected, actively involved, lifelong learners. Physical education helps students to develop the skills, knowledge, and competencies to live healthy and physically active lives at school and for the rest of their life. Chorlton High School aims to begin, support and continue a pathway into sport and exercise through an enthusing, inspiring curriculum, extra-curricular programme and school-community club links.</p> <p>At CHS whether your passion is in invasion games, net & wall games, strike & field games, track & field athletics, gymnastics based, or swimming, you can learn transferable physical cognitive and social skills. You will be able to apply these skills into a plethora of conditioned and competitive situations. This development can help lead to improved physical, mental and social health whilst exposing you to a future hobby or career.</p> <p>We encourage our students to approach all physical activity with a positive attitude and an open mind. You will be guided to independently develop their skillset and explore different ways to pally these skills. You will develop skills such as teamwork, cooperation, communication, creativity and leadership. Additionally, you will learn to cope with physical and mental challenge thorough physical education.</p> <p><i>"Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic creative intellectual activity."</i></p> <p><i>J F Kennedy</i></p>

Year Group	YEAR 9 CORE PE					
Rationale/ Narrative	<p>Students will develop and refine skills in conditioned competitive game situations in a range of physical activities. They will also develop and reflect on their selection of techniques in varying competitive game situations.</p> <p>Students will develop their ability to apply basic and advanced strategies and tactics, in an attempt to outwit opponents.</p> <p>It is aimed to instill a passion for a chosen sport(s) with the hope that it promotes lifelong participation in physical activities.</p> <p>Additionally student will follow a leadership unit where they will develop various leaderships skills and gain experience in leading part of a session.</p>					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
KNOWLEDGE	<p>AUTUMN 1</p> <p>Personal Fitness Plan</p> <p>Warm-up/ cool down</p> <p>Setting personal fitness targets</p> <p>Fitness testing and analysis</p> <p>Continuous training</p> <p>Circuit training</p> <p>Fartlek Training</p> <p>Training diary</p> <p>Fitness plan evaluation</p>		<p>Leadership (Boys & Girls)</p> <ul style="list-style-type: none"> The role of a leader/ Leaderships skills Organisation and planning Time management Leading a warm-up Leading a session Demonstrations <p>Badminton (Boys and Girls)</p> <ul style="list-style-type: none"> Identify different areas of the court and be able to move between these areas using a variety of shots. 		<p>Rounders– (Girls)</p> <ul style="list-style-type: none"> Explore rounders using tactics to outwit opponents select key advanced skills in batting and bowling to execute past a precise fielding. Will learn to use basic principles of play when selecting and applying tactics for success Enhance advanced skills necessary to outwit opponents in batting, bowling and fielding. <p>Cricket/ Softball–(Boys)</p>	



CHORLTON HIGH SCHOOL: CURRICULUM

	<p>AUTUMN 2</p> <p><u>Trampoline (Girls)</u></p> <ul style="list-style-type: none"> To be able to perform one landing (seat/ front/back) To be able to perform an advanced landing (seat to front/ front to seat/ back to front) To be able to perform at least one advanced landing with twist (e.g. cradle, cat twist, half or full turntable) To work up to performing a somersault with or without support <p><u>Table Tennis- (Boys: In-line with social distancing guidelines)</u></p> <ul style="list-style-type: none"> Correct stance when playing (FH) and Backhand (BH) shots. Short and long FH and BH serve FH and BH Topspin and chop serve FH and BH drive FH and BH chop FH Smash Side-spin Loop (block) <p><u>Football (Boys & Girls)- (social distancing permitted)</u></p> <ul style="list-style-type: none"> Be able to recognise the importance of responding to changing situations within the game in attack & defence. Combine and perform more advanced football skills Consistently applying accuracy and quality of technique. Constantly faced with strategic and tactical decisions Focus on movement off the ball into space. Choice of skill execution. 	<ul style="list-style-type: none"> Develop the ability to outwit opponents using strategies and tactics. recognise the importance of responding to changing situations within the game in attack and defence. Opportunities to score/coach pupils or small groups will develop communication and decision making skills. <p><u>Netball – (Girls)</u></p> <ul style="list-style-type: none"> Focus upon the ability to outwit opponents and teams using strategies and tactics. Select and apply more advanced skills in different situations 1v1 and to influence a game. Opportunities to referee/coach will develop communication and decision making skills use information gained from analysis of performance to influence and improve play <p><u>Basketball –</u></p> <ul style="list-style-type: none"> Selection and application of advance skills in passing around the back, at speed using outlet passing and fast break. Combined with cross over dribbling, pivoting and give and go within their selection and application of skills. Strategic and tactical decisions based on movement of the ball into space. Opportunities to referee/coach pupils or small groups will develop communication and decision making skills. Use information gained from analysis of performance to influence and improve them Peer coaching, ‘what makes good’ questioning/demos and targeted questioning). 	<ul style="list-style-type: none"> Explore cricket or rounders using tactics to outwit opponents select key advanced skills in batting and bowling to execute past a precise fielding. Will learn to use basic principles of play when selecting and applying tactics for success Enhance advanced skills necessary to outwit opponents in batting, bowling and fielding.
<p>SKILLS</p>	<p>Refine, develop, apply, create, evaluate, analyse technique/ skill performance.</p> <p>The skills will include passing, shooting, tackling, blocking, control, catching, pivoting, dribbling, running with the ball, turning with the ball, crossing, volleying.</p> <p>Students select and combine advanced skills, techniques and apply them accurately and appropriately in a variety of activities. They analyse and comment on techniques</p> <p>Official- will have the knowledge of the rules and methods of scoring and are able to implement them in a small-sided game/ full game.</p> <p>Leader- Will be able to lead a warm-up activity, small groups</p>	<p>Refine, develop, apply, create, evaluate, analyse technique/ skill performance.</p> <p>The skills will include passing, shooting, tackling, blocking, control, catching, pivoting, dribbling and performing the lay-up</p> <p>Basketball</p> <p>Badminton- Overhead clear, overhead drop shot, drop shot, smash, net kill, forearm clear, backhand clear.</p> <p>Students select and combine advanced skills, techniques and apply them accurately and appropriately in a variety of activities. They analyse and comment on techniques</p> <p>Official- will have the knowledge of the rules and methods of scoring and are able to implement them in a small-sided game/ full game.</p> <p>Leader- Will be able to lead a warm-up activity, small groups</p>	<p>Refine, develop, apply, create, evaluate, analyse technique/ skill performance.</p> <p>The skills will include long barrier, batting (front and back foot), retrieving, pick up, throwing, catching (above and below shoulder), base/wicket running.</p> <p>Students select and combine advanced skills, techniques and apply them accurately and appropriately in a variety of activities. They analyse and comment on techniques</p> <p>Official- will have the knowledge of the rules and methods of scoring and are able to implement them in a small-sided game/ full game.</p> <p>Leader- Will be able to lead a warm-up activity, small groups</p>



CHORLTON HIGH SCHOOL: CURRICULUM

ASSESSMENTS	Assessment ongoing on level of effort and engagement	Assessment ongoing on level of effort and engagement	Assessment ongoing on level of effort and engagement	Assessment ongoing on level of effort and engagement	Assessment ongoing on level of effort and engagement	Assessment ongoing on level of effort and engagement
--------------------	--	--	--	--	--	--