

Subject:
Physical Education

Year group:
9

Department Curriculum Vision: Students are **physically literate, passionate** about sport and understand the importance of **lifelong participation**. Students will be **confident individuals**, developing a variety of attributes that will enable them to excel in the classroom and beyond.

	Autumn Term 1	Autumn Term 2
Content: (Know what...)	Boys: Football / Handball Girls: Netball / Hockey In Year 9 students will cover basic knowledge that underpins each sport: - Rules - Scoring - Positions - Start to look at tactics/strategies in more detail - Key techniques	Boys: Rugby Volleyball Girls: Football / Volleyball In Year 9 students will cover basic knowledge that underpins each sport: - Rules - Scoring - Positions - Start to look at tactics/strategies in more detail - Key techniques
Skills: (know how...)	In Year 9 students will cover basic skills that are essential in each sport. Football: Passing, dribbling, shooting, tackling, attacking principles, defensive principles Handball: Passing, dribbling, shooting, tackling, attacking principles, defensive principles Netball: Passing, footwork, attacking principles, defensive principles, shooting Rugby: Passing, outwitting opponents, tackling, breakdown play, attacking principles, defensive principles Hockey: Passing, dribbling, shooting, tackling, attacking principles, defensive principles	In Year 9 students will cover basic skills that are essential in each sport. Rugby: Passing, outwitting opponents, tackling, breakdown play, attacking principles, defensive principle Volleyball: Dig, Set, Spike, block, underarm serve, overarm serve Football: Passing, dribbling, shooting, tackling, attacking principles, defensive principles

Key vocabulary	Hockey: Slap Pass, push pass, lifted pass, dribbling, shooting, tackling, attacking principles, defensive principles Football: Possession, overload, marking, control, Positions, pressure Handball: Possession, feint, drive, zone, exploiting space Netball: Drive, dodge, footwork, contact, exploiting space Rugby: Ruck, breakdown, offload, depth, exploiting space	Rugby: Ruck, breakdown, offload, depth, exploiting space Volleyball: Dig, Set, Spike, block, underarm serve, overarm serve Football: Possession, overload, marking, control, Positions, pressure
Mid Term Assessment	Practical Assessment	Practical Assessment
End Term Assessment	Practical Assessment	Practical Assessment
	Spring 1	Spring 2

Content: (Know what...)	Boys: Fitness/Hockey/Table Tennis Girls: Handball/Fitness/Badminton In Year 9 students will cover basic knowledge that underpins each sport: - Rules - Scoring - Positions - Basic tactics/strategies - Key techniques - Health and fitness - A variety of types of fitness (low to high intensity and start to look at running sessions themselves)	Boys: Basketball/Alternative/Badminton Girls: Rugby/Alternative/Tennis/Table Tennis In Year 9 students will cover basic knowledge that underpins each sport: - Rules - Scoring - Positions - Basic tactics/strategies - Key techniques - Health and fitness - A variety of types of fitness (low to high intensity and start to look at running sessions themselves)
Skills: (Know how...)	In Year 9 students will cover basic skills that are essential in each sport. Fitness: Fitness testing, types of training Basketball: Passing, dribbling, shooting, defending, attacking principles, defensive principles Hockey: Possession, overload, marking, control, passing, dribbling and tackling Handball: Possession, feint, drive, zone, exploiting space Badminton: Clear, smash, rally, deception, identifying space, attacking and defensive tactics, doubles and singles game play	In Year 9 students will cover basic skills that are essential in each sport. Basketball: Passing, dribbling, shooting, defending, attacking principles, defensive principles Alternative: Game play, rules and basic tactics of the given sports. Badminton: Clear, smash, rally, deception, identifying space, attacking and defensive tactics, doubles and singles game play Rugby: Ruck, breakdown, offload, depth, exploiting space

Key vocabulary	Fitness: Aerobic, anaerobic, repetition, components of fitness, fatigue, muscles, cardiorespiratory system Hockey: Slap Pass, push pass, lifted pass, dribbling, shooting, tackling, attacking principles, defensive principles Handball: Possession, feint, drive, zone, exploiting space Badminton: Clear, smash, rally, deception, identifying space	Basketball: Possession, rebound, lay-up, marking, identifying space, exploiting space Alternative: Sport dependent, possession, attack, defence, overload, counter attack Rugby: Ruck, breakdown, offload, depth, exploiting space
Mid Term Assessment	Practical Assessment	Practical Assessment
End Term Assessment	Practical Assessment	Practical Assessment
	Summer 1	Summer 2
Content: (Know what...)	Boys: Athletics / Cricket Girls: Tennis / Athletics In Year 9 students will cover adequate knowledge that underpins each sport: - Rules - Scoring - Positions - Basic tactics/strategies - Key techniques - Positions - Batting techniques	Boys: Tennis / Rounders Girls: Rounders / Cricket In Year 9 students will cover adequate knowledge that underpins each sport: - Rules - Scoring - Positions - Basic tactics/strategies - Key techniques - Positions - Batting techniques

Skills: (Know how...)	Tennis: Forehand, backhand, serve, top spin, back spin, smash, block, cross court, line shots, attacking and defensive game play tactics Athletics: Sprints, mid-long distance, throws, jumps Cricket: Fielding, batting, bowling	Tennis: Forehand, backhand, serve, top spin, back spin, smash, block, cross court, line shots, attacking and defensive game play tactics Cricket: Fielding, batting, bowling
Key vocabulary	Tennis: Fault, ground stroke, let, volley, Serve Athletics: Transfer, rotation, drive, pacing, weight distribution, power Cricket: Cushion, frontfoot, backfoot, long barrier, short barrier	Tennis: Fault, ground stroke, let, volley, Serve Cricket: Cushion, frontfoot, backfoot, long barrier, short barrier
Mid Term Assessment	Practical Assessment	Practical Assessment
End Term Assessment	Practical Assessment	Practical Assessment

Additional information

Homework	Research and booklet on the rules/skills/positions of the sports being covered.
Extra curricular and enrichment opportunities	Lunch and after school clubs in the following activities: Netball, football, handball, gymnastics, badminton, rounders, cricket, fitness, basketball, rugby, athletics, tennis. Many of these clubs will feed into school teams, where students will be able to represent the school at Borough leagues and competitions.

Useful links that will support learning	https://www.uksport.gov.uk/jobs-in-sport https://www.rulesofsport.com/ https://www.topendsports.com/resources/rules/index.htm https://www.hillingdon.gov.uk/article/1259/Sport-and-Physical-Activity-Directory
How parents can support learning	Encourage your child to attend our vast extra-curricular programme of activities. Supporting the students with their kit organisation.