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| **Our Lady Queen of Peace YEAR 9 Physical Education**Catholic Engineering College | Curriculum Overview |

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|  | **Knowledge & Understanding** |  |
|  | **Composites****(Bigger Picture)** | **Components****(Key Concepts)** | **Recall & Retrieval Practice Focus** | **Key Vocabulary** | **Cultural Capital / Enrichment Opportunities** |
| Week 1 – Week 11Week 12 – week 21Week 22- Week 30Week 34 – week 44 | Boys –Rugby and BadmintonGirls - Dance gymnastics and Netball* restabilising routines
* Embed knowledge and rules of sports
* Embed skills in variety of sports
* Embed tactical awareness
* Develop confidence, rhythm and timing when performing
* Delivering warm ups individually
 | **OAA & Team building** – symbols game, numbers game, star game, noodle pass & hoop hop race, press up shootout & triangle tag & mat race, tug of war **Rugby** – recap Ball familiarisation & rucking, recap tackling developed, line pressure, kick offs, recap passing developed width, kicking advanced**Badminton** – Recap rules and routines, developed service, stance (attacking poor shots), developed all shots and link together, develop back hand, **Netball** – Develop advance skills: running footwork, roll dodge, 3 stages of defence. Demonstrate an awareness of skill requirements for each position. Demonstrate understanding of the rules as a player and an official. Demonstrate tactics through set plays.**Dance** – Rhythm and pattern of beats/demonstrate speed of movement, demonstrate expression and emotion to show presence on stage, Demonstrating understanding of the influences on choreography.**Gymnastics** – Apparatus: benches, beams, vault box, springboard, trampette. | Recall skills from similar skills and knowledge from Y8 PE and how they apply to new sports. | Specific sports language, pulse raiser, dynamic stretches, static stretches, mobility movements, skill rehearsal | Extra-curricular programmeLancashire cup competitionsInformation on local clubsWLSPE Events |
| Boys – Football and FitnessGirls - Football and Volleyball* Embed knowledge and rules
* Embed skills in variety of sports
* Embed tactical awareness
* To officiate in a variety of different sports individually
 | **Football** – developed passing and control, developed dribbling, developed turning, Shape , crossing and volleys & heading, role understanding**Fitness** – continuous training, circuit training, interval training, boxing, agility training, core stability, **Volleyball** – develop serving, develop patterns of play, dig set spike, develop blocking, fake the blocker, tournaments  | Recall transferable skills learnt through i in half term 1. | Specific sports language umpire, referee, judge, starter, roles | Extra-curricular programmeLancashire cup competitionsInformation on local clubsWLSPE Events |
| Boys – Hockey and basketballGirls - Fitness and hockey* Embed knowledge and rules of sports
* Embed skills in variety of sports
* Embed tactical awareness
* To know the long term effects of exercise
 | **Hockey** – reverse passing: push pass & hit pass, Indian, defending, beating an opponent to the ball, set plays**Basketball** – advanced passing in the D, crossover, developed screening, boxing out, lay ups, defending zonal/half court, officiating**Fitness** – continuous training, circuit training, interval training, boxing, agility training, core stability,  | Recall of teaching points, tactics and rules learnt in Ht 2/3 | Specific sports language, increased stroke volume, decreased resting heart rate, increase in red blood cells, increased amount of working alveoli | Extra-curricular programmeLancashire cup competitionsInformation on local clubsWLSPE Events |
| Boys – Athletics, Striking and fieldingGirls – Athletics, Striking and fielding* Embed knowledge and rules of sports
* Embed skills in variety of sports
* Develop confidence and control when performing
* Embed Tactical awareness
* Analysis and improve yourself/ an athlete
 | **Athletics** – sprinting, javelin, shot putt, discus, long jump, triple jump relay, 800m,**Striking and fielding**  - Rules recap, overarm throwing & catching, attacking pick up, bowling, batting, backing up, tactics | Recall of teaching points, tactics and rules learnt in Ht 3/4 | Specific sports language analysis, development, technique, personal best | Extra-curricular programmeLancashire cup competitionsInformation on local clubsWLSPE Events |

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| **Key Assessments** |
| **When** | **What will be assessed?** | **Why is this being assessed?** | **How will results be stored & students receive feedback?** |
| Week 14  | Physical me, Thinking me, Healthy meKnowledge of **r**ules, strategies, tactics, roles and the impact sport has on health | To demonstrate knowledge covered within the national curriculum. Understanding of a healthy lifestyle.To show progression in the 3 key elements in PE: (Physical me, thinking me, healthy me)Physical literacy – skills, techniques, and tactical play | Results will be stored on sims.Pupils will receive immediate feedback from their class teacher. |
| Week 37 | Physical me, Thinking me, Healthy meKnowledge of **r**ules, strategies, tactics, roles and the impact sport has on health  | To demonstrate knowledge covered within the national curriculum. Understanding of a healthy lifestyle.To show progression in the 3 key elements in PE: (Physical me, thinking me, healthy me)Physical literacy – skills, techniques, and tactical play. | Results will be stored on sims.Pupils will receive immediate feedback from their class teacher. |