

Year 9 Physical Education

	Knowledge & Understanding			Subject Specific Literacy Development	
	Topics (Bigger Picture)	Knowledge (Key Concepts)	Recall & Retrieval Practice Focus	Key Vocabulary	Cultural Capital / Enrichment Opportunities
Week 1 - 12	OAA & Team Building – Boys/girls (Teamwork, communication)	Map reading, tug of war & sack races, problem solving	Last lesson last sport questions (refer to teacher sheet)	Map reading, teamwork, orienteering, communication, symbols, problem solving, control points, hazards, strategies	Extra-curricular programme Lancashire cup competitions Information on local clubs WLSPE Events
	Rugby – Boys (physical competence)	Recap tackling and ruck, line pressure, receiving the ball from the ruck, kick offs, kicking in play,		Ruck, defensive line, tight carry, gap discipline, offside, high kick, line pressure,	
	Badminton – Boys (confidence)	Rules and routines, attacking poor serves, stance developed, increasing power, back hand		Rally, Serve, backcourt, disguised serve, shot trajectory, partner work, stance, smash shot, back hand	
	Netball – Girls (physical competence)	Appropriate and effective passing, running footwork, dodging (sprint, double and roll), shooting technique, positions, roles and responsibilities, rules – footwork, 3 seconds, contact, obstruction, offside, out of play. Tactics – positioning in the circle, order of play, set plays.		Landing foot, double dodge, attacking, defending, sprint dodge, free pass, contact, obstruction, penalty pass.	
	Gymnastics – (Creativity and Confidence)	Recap travelling and rolls and partner balances, group balances, sequencing to include levels, mirroring, matching, cannon and unison. Introduce flight and vaulting. Trampolining – shapes, twists and landings – seat, front and back.		Forward roll, body tension, sequencing, partner balance, counterbalance, counter tension, mirroring, matching, vault.	

	Knowledge & Understanding			Subject Specific Literacy Development	
	Topics (Bigger Picture)	Knowledge (Key Concepts)	Recall & Retrieval Practice Focus	Key Vocabulary	Cultural Capital / Enrichment Opportunities
Week 13 - 22	Basketball – boys (Resilience)	Man marking, zonal marking, lay ups advanced, crossover, screening, boxing out	Last lesson last sport questions (refer to teacher sheet)	Dribble low, wide stance, chest pass, travel, BEEF, jump and release, the key, crossover, screening	Extra-curricular programme Lancashire cup competitions Information on local clubs WLSPE Events
	Fitness – boys (Health and well-being)	Continuous, interval, core stability, agility and speed, boxing, circuits		Heart rate, abdominal muscles, co-ordination, working heart rate, aerobic, HIIT, muscular endurance, strength, cardiovascular endurance	
	Dance – girls (Creativity and Confidence)	Street dance (birds in the sky), beat, teacher led choreography, unison, cannon, group choreography, rhythm expression, theme.		Beat, unison, choreography, cannon, expression, timing, aesthetically pleasing, tempo, levels.	
	Hockey – girls (tactics and strategy)	Grip, dribbling, ball control, passing, shooting, tackling, reverse stick, indian dribble, rules, formations, set plays – hit out, short corner, long corner, push back.		Split grip, dribble, push pass, hit/slap, high stick, out of bounds, push back, feet, push tackle.	
Week 23 – 31	Hockey – boys (tactics and strategy)	Reverse passing, v dribble, man to man marking, zonal, set plays	Last lesson last sport questions (refer to teacher sheet)	Flat stick, free hit, jab tackle, hit pass, reverse stick, corner penalty, reverse passing, V dribble, marking zonally	Extra-curricular programme Lancashire cup competitions Information on local clubs WLSPE Events
	Dance – boys (Creativity and Confidence)	Introduction to routine, rhythm and expression, levels, cannon, mirroring, performance		Facial expressions, timing, confidence mirroring, levels, body shape, body awareness, alignment, choreography	
	Football – girls (physical competence)	Dribbling, turning, ball control, passing, shooting, tackling, rules – out of play, kick off, goal kick, corner kick, attacking movement, defensive play, formations, set play.		Drag back, inside/outside hook, striking with laces, kick off, attacking, defending, free kick, formations, corner kick.	
	Volleyball – girls (Resilience)	Dig, volley/set, serve - overarm, spike, scoring, basic rules – out of play, number of touches on the ball, formations and rotation.		Dig, volley, serve, spike, formation, rotation, block, side out, assist.	
Week 34 - 38	Athletics – boys (Resilience)	Shot putt, javelin, discus, triple jump, long jump, 100m, 300m/baton exchange,800m	Last lesson last sport questions (refer to teacher sheet)	Grip, stance, height, speed, transfer weight, reaction time, strides, pace setting, changeover	Extra-curricular programme Lancashire cup competitions Information on local clubs WLSPE Events
	Athletics – girls (Resilience)	Shot putt, javelin, discus, triple jump, long jump, 100m, 300m/baton exchange,800m		Grip, stance, height, power, sequence, technique, speed, reaction time, pace setting.	

	Knowledge & Understanding			Subject Specific Literacy Development	
	Topics (Bigger Picture)	Knowledge (Key Concepts)	Recall & Retrieval Practice Focus	Key Vocabulary	Cultural Capital / Enrichment Opportunities
Week 40 – 44	Cricket – boys (Leadership and responsibility)	Recap rules, throwing catching on the move, bowling run up, attacking the ball, batting developed	Last lesson last sport questions (refer to teacher sheet)	Over, wickets, fielder, bowling, boundary, long barrier, one handed pickup, line and length, crease	Extra-curricular programme Lancashire cup competitions Information on local clubs WLSPE Events
	Softball – boys (Leadership and responsibility)	Recap rules, throwing catching on the move, bowling motion, one handed pick ups, loading the bases		Home run, strike, no ball, pitcher, backing up, body shape, baiting, double play, base tactics	
	Rounders – girls (Leadership and responsibility)	Underarm/overarm throwing, catching, bowling, batting, fielding, rules – scoring, obstruction, bowlers ball, backward hit, tactics – backing players up		Bowler, back stop, deep fielder, bowlers ball, long barrier, half rounder/full rounder, batting line, backward hit, obstruction.	
	Cricket – girls (physical competence)	Batting, bowling (introduce overarm), no ball, throwing, catching fielding, scoring – 1/4/6, outs.		Wickets, an over, boundary, crease, long barrier, no ball, stumped out, caught out, overarm bowl.	
Week 45 – 47	Trampolining – boys (Creativity and Confidence)	Recap of safety and control, turns shapes and drops developed, partner routines	Last lesson last sport questions (refer to teacher sheet)	Safety, turning, landing, straight jump, tuck, pike, seat drop, back drop, straddle jump	Extra-curricular programme Lancashire cup competitions, Information on local clubs, WLSPE Events
	Fitness – girls (Health and well-being)	Continuous, circuit, interval.		Immediate effects of exercise, heart rate, breathing rate. Reps, sets, muscle groups, Oxygen, carbon dioxide, Long term effects of exercise.	

Key Assessments

When	What will be assessed?	Why is this being assessed?	How will results be stored & students receive feedback?
Half term 3	Physical me, Thinking me, Healthy me Knowledge of rules, 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.
Half term 6	Physical me, Thinking me, Healthy me Knowledge of rules, 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.