

Subject	PE	Year Group	9														Resilience	Character
Outcome	Activities	Therapy	Handball	Hurling	Basketball	HFF	Football	Dance	Table Tennis	Cricket	Rugby	Athletics			Resilience	Character		
<b>Purpose of scheme</b>	<p align="center"><b>Year 9 Purpose Mastery Strategy and Autonomy</b></p> <p align="center">The purpose of the Year 9 curriculum is to refine advanced techniques and empower students to take ownership of the sporting environment. Students will know how to analyse performance and understand sophisticated strategies, such as defensive zones in Basketball or overhead choreography in Dance. They will show technical mastery by adapting their skills to overcome complex challenges and high-pressure scenarios. We aim to Grow the 'Leader' within every student, focusing on officiating, coaching, and independent resilience. As students strive toward being Confident and Excellent, they are assessed on their 'Game Intelligence' The ability to lead others, officiate accurately, and apply strategic mastery to control the outcome of an activity.</p>																	
<b>Knowledge resources</b>	<ul style="list-style-type: none"> <li>Know the difference between doubles and singles court markings.</li> <li>Know when to select appropriate shot to select on opponent.</li> <li>Know how to perform a drop shot in a competitive rally.</li> <li>Know how to perform a smash.</li> </ul>	<ul style="list-style-type: none"> <li>Shapes and seal landings with heels higher ability pupils.</li> <li>Front and back landing.</li> <li>Creating a routine from these movements.</li> </ul>	<ul style="list-style-type: none"> <li>Know how to dribble with non dominant hand.</li> <li>Know when to pass/dribble/dribble in a game.</li> <li>Know the defensive rules in handball.</li> <li>Know defensive strategies in handball.</li> </ul>	<ul style="list-style-type: none"> <li>Know all of the positions starting points.</li> <li>Know the defensive rules.</li> <li>Know how to tactically set up warm up.</li> <li>Know how to defend as a team using player to player marking.</li> <li>Know how to attack as a team around the key area.</li> </ul>	<ul style="list-style-type: none"> <li>Know how to keep possession of the ball in a pressured situation.</li> <li>Know how using either hand to protect the ball.</li> <li>Know how to set up.</li> <li>Know how to defend as a team using player to player marking.</li> <li>Know how to attack as a team around the key area.</li> </ul>	<ul style="list-style-type: none"> <li>Definitions of SPORTS/T</li> <li>How to write this in our training programmes.</li> <li>Know what happens with reversibility.</li> <li>How to use machines/weights safely and correctly.</li> </ul>	<ul style="list-style-type: none"> <li>Know how to pass effectively under pressure and keep possession.</li> <li>Know how and when to dribble the ball effectively in a small sided game.</li> <li>Know how and when to shoot with accuracy from different angles and distances.</li> <li>Know how to defend as a team.</li> <li>Know how to attack in 4v4 attacking set up.</li> </ul>	<ul style="list-style-type: none"> <li>Know how to create and deliver a dance sequence worth 40.</li> <li>Know how to define and include dynamics and relationships within dance choreography.</li> <li>Know how to develop dance motifs.</li> </ul>	<ul style="list-style-type: none"> <li>Know why and when we would play the backspin shot.</li> <li>Know why and when we would play the forward topspin shot.</li> <li>Know why and when we would play a spin shot.</li> <li>Know all of rules to play singles.</li> </ul>	<ul style="list-style-type: none"> <li>Know how to orientate a larger map (30 points).</li> <li>Know how to give route with some difficulty.</li> <li>Know all the houses on the map of the school.</li> </ul>	<ul style="list-style-type: none"> <li>Know how players support their teammates to pass with a game.</li> <li>Know different types of goals.</li> <li>Know the different types of kicks in rugby (Dribbler/Prop/Conversion/Bandy).</li> <li>Know how to play in rugby.</li> <li>Know how to pass backwards in a 3v3 game.</li> <li>Know how to perform the ruck stage in throwing events (e.g. Javelin, shot, push him, javelin).</li> </ul>	<ul style="list-style-type: none"> <li>Know how the shapes of a sprint race.</li> <li>Know the rules in starting in short/middle distance.</li> <li>Know when to throw the ball at the runner and to throw a ball.</li> <li>Know when to start in different directions according to field placements.</li> <li>Know when to throw the ball to start a run out.</li> <li>Know when to throw the ball overarm and underarm to the wicketkeeper or bowler.</li> </ul>	<ul style="list-style-type: none"> <li>Know how to play the hook shot.</li> <li>Know how to play the out shot.</li> <li>Know why a bowler would vary the length of their bowl.</li> <li>Know when to throw the ball overarm and underarm to the wicketkeeper or bowler.</li> </ul>					
<b>Skills (KSA)</b>	<ul style="list-style-type: none"> <li>Know the importance of effective court positioning.</li> <li>Know full scoring method.</li> <li>Show how to dig and long ball serves.</li> <li>Show a good quality overhead clear in a competitive match.</li> <li>Show good quality overhead clear in a competitive match.</li> <li>Show good quality smash in a competitive rally.</li> <li>Show effective feedback and positioning on court.</li> <li>Show good knowledge to officiate a game.</li> </ul>	<ul style="list-style-type: none"> <li>Show Shapes and seal landings with heels higher ability pupils.</li> <li>Front and back landing.</li> <li>Creating a routine from these movements.</li> </ul>	<ul style="list-style-type: none"> <li>Show how to dribble with non dominant hand.</li> <li>Show when to pass/dribble/dribble in a game.</li> <li>Show the use of 3 players to start attacks.</li> <li>Show defensive strategies in handball with some basic contact.</li> <li>Show officiating with wingers in Handball.</li> </ul>	<ul style="list-style-type: none"> <li>Show how to set up C passes.</li> <li>Show how to create small games.</li> <li>Show how to set up.</li> <li>Show you can set up.</li> <li>Show you can defend as a team using player to player marking.</li> <li>Show you can attack as a team around the key area.</li> </ul>	<ul style="list-style-type: none"> <li>Training principles - SPQR and coaching programme.</li> <li>Reminders of muscles/energy systems.</li> <li>Short passing to keep possession.</li> <li>Drinking with both feet in a competitive situation.</li> <li>Shooting from angles and distances.</li> <li>Understanding and apply player to player marking.</li> <li>Attacking versatile 4v4 game using width.</li> <li>How to make games.</li> </ul>	<ul style="list-style-type: none"> <li>Show that you can confidently create and deliver a dance specific warm up.</li> <li>Show that you can create choreography including dynamics and relationships.</li> <li>Show that you can give and receive accurate effective feedback as well as act on to improve performance.</li> </ul>	<ul style="list-style-type: none"> <li>Show a good quality high toss serve.</li> <li>Show a good quality backspin shot in a game.</li> <li>Show a good quality topspin shot in a game.</li> <li>Show a good quality spin shot in a game.</li> <li>Show the knowledge to officiate a singles game.</li> </ul>	<ul style="list-style-type: none"> <li>Show you can navigate a 30 point map.</li> <li>Show you can orienteer in a relay competition.</li> <li>Show you can orienteer in a relay competition.</li> </ul>	<ul style="list-style-type: none"> <li>Show how players support their teammates to pass with a game.</li> <li>Show different types of goals.</li> <li>Show the different types of kicks in rugby (Dribbler/Prop/Conversion/Bandy).</li> <li>Show how to play in rugby.</li> <li>Show how to pass backwards in a 3v3 game.</li> <li>Show you can structure a 5v5 tag game.</li> </ul>	<ul style="list-style-type: none"> <li>Show starting shapes in a race.</li> <li>Show running the bend in 200m.</li> <li>Show passing in a 100/150m race.</li> <li>Show the correct technique in a race.</li> <li>Show the correct technique in shot, javelin.</li> <li>Show that leads a warm up for different athletic events.</li> <li>Show you can structure a 5v5 tag game.</li> </ul>	<ul style="list-style-type: none"> <li>Show underarm bowling with speed and accuracy.</li> <li>Show batting in different directions including backwards hit.</li> <li>Show underarm and overarm fielding to different bases with accuracy.</li> <li>Show the ability to get a batter out in a drill.</li> <li>Show effective use of long barrier in a game situation.</li> </ul>	<ul style="list-style-type: none"> <li>Show the ability to play a hook shot in isolation.</li> <li>Show the ability to vary length on ball, short and full.</li> <li>Show the ability to run out a batter in a drill.</li> <li>Show the ability to throw the ball overarm and underarm to the wicketkeeper or bowler.</li> </ul>						
<b>Key words</b>	Service choice, Smash, drop shot, overhead clear	Control, basic shapes, front landings, performance analysis	Defensive shape, drop back, wingers, center forward, give	Positions, replacing warm up.	Body position game play, quick break, Lay up shot	Cardiovascular Endurance, Muscular Endurance, Muscular Strength, Reliability, Aerobic Capacity, Bone, Balance, etc.	Jockeying, block tackle, pass and move, space, support play	Choreography, performance, feedback, dynamics, relationships	Ready position, push shot, top spin, back spin, serve	Orienteering, route, symbols, competitive	Passing, Handling, Running with ball, wicket defender	Pacing, tony chin, approach, take off, landing, flight						
<b>End point</b>	To know why and when to play a range of shots in a game. Be able to play a range of shots with some accuracy in a game.																	
<b>Assessment Methods</b>																		

Pupils are assessed on their knowledge of the skills, rules, tactics in a sport, their ability to Show and perform the skills and their ability to grow, this includes team work, leadership and their physical fitness efforts.