

The English Martyrs Catholic School and Sixth Form College

<u>Physical Education</u> <u>Year 9</u>	<u>Module 1</u>	<u>Module 2</u>	<u>Module 3</u>
<u>Topic Theme and Intent</u>	Students learn about wellbeing – feeling positive about interactions with other people and the wider world. This topic is studied so that students can identify positive lifestyle choices and contribute to improved wellbeing.	Students learn about officiating – They will learn about the roles and responsibilities of an official. This topic is studied to build upon previous modules work – rules / regulations.	Students will learn to analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best. This module will incorporate previous learning from modules 1 and 2.
<u>Knowledge</u>	<ul style="list-style-type: none"> Develop ability to manage emotions to suit the situation. Know about school / club links. Being aware of rights and responsibilities. 	<ul style="list-style-type: none"> Roles of an official. Responsibilities of an official. Importance of fairness and respect in sport. 	<ul style="list-style-type: none"> Analyse aspects of personal performance in a practical activity. Identify how to improve and be able to discuss own performance.
<u>Skills</u>	<ul style="list-style-type: none"> Being able to interact with a range of people and having a sense of belonging when participating in PE. Having respect, empathy and tolerance for other people. 	<ul style="list-style-type: none"> Perform as an official in conditioned games. Apply taught rules and regulations in conditioned games. 	<ul style="list-style-type: none"> Evaluate the strengths and weaknesses of the performance. Produce an action plan which aims to improve the quality and effectiveness of the performance.
<u>Literacy Links</u>	<p>Reading – Students will read about wellbeing in sport.</p> <p>Writing – Students complete a wellbeing survey.</p> <p>Oracy – Students discuss positive lifestyle choices including taking part regularly in physical activity / getting sufficient sleep / having good personal hygiene.</p>	<p>Reading – Students will read the key responsibilities of an official.</p> <p>Writing - Students complete online officiating worksheets.</p> <p>Oracy – Students will use a range of correct vocabulary and improve use of command.</p>	<p>Reading – Students will read about how professional sports people developed their talent.</p> <p>Writing – Students will communicate ideas and concepts through completing online tasks.</p> <p>Oracy – Students use correct terminology in discussion and question and answering.</p>
<u>Essential Vocabulary</u>	Confidence, self-esteem, regulation, emotion, hygiene, respect.	Health and safety, verbal, non-verbal, obstruction, signal.	Analysis, evaluation, improvement, action plan, performance.

Disciplinary Reading

Reading for Pleasure

Tough women by Jenny Tough

Griot for kids by Lee David Daniels

Be amazing by Chris Hoy

