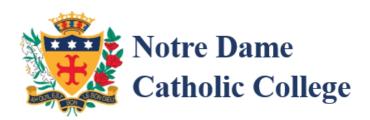
Physical Education Year 9 Curriculum Map



YEAR 9	Autumn	Spring	Summer
Curriculum Content	Football Composite: Developing skills in football to become competent in a full sided match, demonstrating a knowledge of more advanced rules and tactics. Components: • Understanding when different types of passes should be used • Developing different types of dribbling with control, speed and fluency • Developing strategic and tactical play to bear an opponent • Developing accurate shooting skills • Developing defensive tactics • Evaluating performance in football Basketball Composite: Acquire and understand how to use basic skills of basketball to play a small sided game, demonstrating a knowledge of the basic rules. Components: • Developing dribbling to pass an opponent • Developing different types of passing skills • Developing shooting skills- set shot using the back board • Developing defensive skills- zone defence • Refining team play • Evaluating performance in basketball Badminton Composite: Developing skills in badminton to become competent in singles game, demonstrating a knowledge of more advanced rules and tactics. Components: • Developing the low serve • Developing the overhead clear and drop shot • Acquiring the ent shot • Acquiring the smash • Refining skills and tactics in a class tournament • Evaluating performance in badminton	Trampolining Composite: To learn, develop and embed more advanced individual moves on the trampoline and perform them in a routine. Components: Recap on basic shapes, drops and twists Recap on more complex drops- front drop and back drop Developing more complex drops- hands and knees turnover Developing forward rotations- somersault with support Sequence work- building up to a 10-bounce routine with fluency Fitness Composite: To work independently in the Lifestyles gym, using the cardio machines to monitor heart rate, energy expenditure and time spent exercising. Components: Introduction to the machines- continuous training Developing fitness through interval training Developing fitness through fartlek training Using machines to monitor energy expenditure Building a fitness programme based on fitness goals Carrying out a fitness programme using overload Dodgeball Composite: Developing skills in dodgeball to become competent in a full-sized game, demonstrating a knowledge of basic rules and tactics. Components: Developing catching skills Developing strategic and tactical play- attack Developing strategic and tactical play- attack Developing defensive strategies Dodgeball tournament and evaluation of performance	Athletics Composite: To develop the skills required to take part in athletics, focusing upon a throwing, running and jumping event. Components: Middle distance event- 1200m Explosive leg power event- high jump (fosbury), hurdles Strength and power events- shot-putt, discus, javelin Sprinting events- 200m, relay Softball Composite: Developing skills in softball to become competent in a full match, demonstrating a knowledge of basic rules and tactics. Components: Introduction to the pitch. Comparison of rules with rounders Developing catching and throwing skills- tactics Developing batting skills- tactics regarding batting Playing a match Playing a competitive match, evaluating the performance of the team
		in small sided games, demonstrating a knowledge of basic rules and tactics. Components:	
		Acquiring the overhead pass (volley)	

		 Acquiring the forearm pass (dig) Acquiring the underarm serve Developing passing in 3s, introducing more than one touch Playing 3 v 3 matches, demonstrating a knowledge of the basic rules Introduction to full court, playing 6 v 6 volleyball 	
Prior knowledge and skills (from previous year / key stage)	Rules and tactics in badminton, basketball, football Outwitting an opponent Shot selection in badminton Knowledge of court/ pitch markings in badminton, basketball and football	Passing and receiving skills Principles of attack and defence Basic shapes and landings- trampolining Components of fitness- stamina, muscular endurance, balance, agility, power Accuracy and power- badminton	Techniques and skills acquired for each of the athletics events Throwing, catching, batting and fielding skills Timing and measuring
Core Knowledge Organiser content	Effects of exercise on the cardio respiratory system- heaert rate, blood flow, cardiac output, stroke volume., volume of O2, breathing rate, tidal volume, gaseous exchange	Methods of guidance- visual, verbal, manual, mechanical	Classification of skills- open, closed, simple, complex, gross motor, fine motor.
Assessment Objectives	Practical skills will be assessed after each unit. Knowledge will be assessed every term. Football: Demonstrate a variety of skills in a full game situation, showing precision, control and fluency. Demonstrate a knowledge of the rules and more advanced tactics. Badminton: Demonstrate how to play a singles match against a number of opponents showing an understanding of the rules, more advanced tactics and scoring system. Basketball: Demonstrate a variety of skills in a small sided game situation, showing precision, control and fluency. Demonstrate a knowledge of the rules and basic tactics.	Practical skills will be assessed after each unit. Knowledge will be assessed every term. Trampolining: Demonstrate a 10-bounce routine including basic and more complex moves demonstrating an ability to evaluate performance. Fitness: Develop fitness by using a variety of cardio-vascular equipment in the Lifestyle's gym. Dodgeball: Demonstrate a variety of skills in a small-sided game situation, showing precision, control and fluency. Demonstrate a knowledge of the rules and basic tactics. Volleyball: Demonstrate a variety of skills in a small sided game situation.	Practical skills will be assessed after each unit. Knowledge will be assessed every term. Athletics: Compete in a selected number of athletics events, comparing scores with peers and year group. Demonstrate a knowledge of more advanced rules for each event. Softball: Demonstrate a variety of skills in a full game of softball, showing a good knowledge of more advanced rules and tactics.
Vocabulary / Key Subject Terminology	Badminton- overhead clear, short serve, drop shot, net shot, smash Basketball- dribbling, travelling, double dribble, carrying, basket, rebound Football- possession, covering, interception, marking, tackling, attacking	Trampolining- sequence, analysis, fluency, control, precision, aesthetics, tariff Fitness- cardio-vascular, calories, interval, continuous, fartlek, speed, incline, intensity, gradient Dodgeball-attack, defence, catching, power, agility, throwing, strength, power Volleyball- dig, volley, set, service, rotation, three touches	Athletics- pacing, middle distance, sprinting, power, javelin, discus, shot putt, relay, fosbury flop, baton Softball- strike, accuracy, diamond, technique, batting, home, pitcher, release, extend
Assessment 1	AP1- written assessment: The circulatory system The respiratory system	AP1- written assessment: • Types of guidance	AP1- written assessment: • The classification of skills

Cross Curricular Links with other Faculties	The cardio-respiratory system-science and health and social care Physiological responses to exercise- science Benefits of exercise- PSHCE- health and well-being	Calculating a tariff in trampolining- mathematics Energy expenditure- health and social care Increasing intensity through gradients- physics	Measuring and timing- mathematics Angles- mathematics Striving for excellence/ determination- RE Mental well-being- PSHCE Muscular system- science
Extra-Curricular Offer	 Football Badminton Basketball Gymnastics 	TrampoliningFootballBadminton	AthleticsRoundersSoftball
Time Allocation	Orienteering- 1 lesson per week- 8 weeks Badminton- 1 lesson per week- 8 weeks Netball- 1 lesson per week- 7 weeks	Trampolining- 1 lesson per week- 6 weeks Fitness- 1 lesson per week- 6 weeks Dodgeball- 1 lesson per week- 6 weeks Volleyball- 1 lesson per week- 6 weeks	Athletics - 1 lesson per week- 10 weeks Rounders- 1 lesson per week- 6 weeks