



Physical Education Year 9 Curriculum Map

YEAR 9	Autumn	Spring	Summer
<p>Curriculum Content</p>	<p style="text-align: center;">Football</p> <p>Composite: Developing skills in football to become competent in a full sided match, demonstrating a knowledge of more advanced rules and tactics.</p> <p>Components:</p> <ul style="list-style-type: none"> • 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 <p style="text-align: center;">Basketball</p> <p>Composite: Acquire and understand how to use basic skills of basketball to play a small sided game, demonstrating a knowledge of the basic rules.</p> <p>Components:</p> <ul style="list-style-type: none"> • 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 <p style="text-align: center;">Badminton</p> <p>Composite: Developing skills in badminton to become competent in singles game, demonstrating a knowledge of more advanced rules and tactics.</p> <p>Components:</p> <ul style="list-style-type: none"> • Developing the low serve • Developing the overhead clear and drop shot • Acquiring the net shot • Acquiring the smash • Refining skills and tactics in a class tournament • Evaluating performance in badminton 	<p style="text-align: center;">Trampolining</p> <p>Composite: To learn, develop and embed more advanced individual moves on the trampoline and perform them in a routine.</p> <p>Components:</p> <ul style="list-style-type: none"> • 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 • Evaluating my performance in trampolining <p style="text-align: center;">Fitness</p> <p>Composite: To work independently in the Lifestyles gym, using the cardio machines to monitor heart rate, energy expenditure and time spent exercising.</p> <p>Components:</p> <ul style="list-style-type: none"> • 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 <p style="text-align: center;">Dodgeball</p> <p>Composite: Developing skills in dodgeball to become competent in a full-sized game, demonstrating a knowledge of basic rules and tactics.</p> <p>Components:</p> <ul style="list-style-type: none"> • Developing catching skills • Developing throwing skills • Developing accuracy • Developing strategic and tactical play- attack • Developing defensive strategies • Dodgeball tournament and evaluation of performance <p style="text-align: center;">Volleyball</p> <p>Composite: Acquiring and developing skills in volleyball to become competent in small sided games, demonstrating a knowledge of basic rules and tactics.</p> <p>Components:</p> <ul style="list-style-type: none"> • Acquiring the overhead pass (volley) 	<p style="text-align: center;">Athletics</p> <p>Composite: To develop the skills required to take part in athletics, focusing upon a throwing, running and jumping event.</p> <p>Components:</p> <ul style="list-style-type: none"> • Middle distance event- 1200m • Explosive leg power event- high jump (fosbury), hurdles • Strength and power events- shot-putt, discus, javelin • Sprinting events- 200m, relay <p style="text-align: center;">Softball</p> <p>Composite: Developing skills in softball to become competent in a full match, demonstrating a knowledge of basic rules and tactics.</p> <p>Components:</p> <ul style="list-style-type: none"> • 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

		<ul style="list-style-type: none"> 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)	<p>Rules and tactics in badminton, basketball, football</p> <p>Outwitting an opponent</p> <p>Shot selection in badminton</p> <p>Knowledge of court/ pitch markings in badminton, basketball and football</p>	<p>Passing and receiving skills</p> <p>Principles of attack and defence</p> <p>Basic shapes and landings- trampolining</p> <p>Components of fitness- stamina, muscular endurance, balance, agility, power</p> <p>Accuracy and power- badminton</p>	<p>Techniques and skills acquired for each of the athletics events</p> <p>Throwing, catching, batting and fielding skills</p> <p>Timing and measuring</p>
Core Knowledge Organiser content	<p>Effects of exercise on the cardio respiratory system- heart rate, blood flow, cardiac output, stroke volume., volume of O₂, breathing rate, tidal volume, gaseous exchange</p>	<p>Methods of guidance- visual, verbal, manual, mechanical</p>	<p>Classification of skills- open, closed, simple, complex, gross motor, fine motor.</p>
Assessment Objectives	<p><i>Practical skills will be assessed after each unit.</i></p> <p><i>Knowledge will be assessed every term.</i></p> <p>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.</p> <p>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.</p> <p>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.</p>	<p><i>Practical skills will be assessed after each unit.</i></p> <p><i>Knowledge will be assessed every term.</i></p> <p>Trampolining: Demonstrate a 10-bounce routine including basic and more complex moves demonstrating an ability to evaluate performance.</p> <p>Fitness: Develop fitness by using a variety of cardio-vascular equipment in the Lifestyle's gym.</p> <p>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.</p> <p>Volleyball: Demonstrate a variety of skills in a small sided game situation.</p>	<p><i>Practical skills will be assessed after each unit.</i></p> <p><i>Knowledge will be assessed every term.</i></p> <p>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.</p> <p>Softball: Demonstrate a variety of skills in a full game of softball, showing a good knowledge of more advanced rules and tactics.</p>
Vocabulary / Key Subject Terminology	<p>Badminton- overhead clear, short serve, drop shot, net shot, smash</p> <p>Basketball- dribbling, travelling, double dribble, carrying, basket, rebound</p> <p>Football- possession, covering, interception, marking, tackling, attacking</p>	<p>Trampolining- sequence, analysis, fluency, control, precision, aesthetics, tariff</p> <p>Fitness- cardio-vascular, calories, interval, continuous, fartlek, speed, incline, intensity, gradient</p> <p>Dodgeball-attack, defence, catching, power, agility, throwing, strength, power</p> <p>Volleyball- dig, volley, set, service, rotation, three touches</p>	<p>Athletics- pacing, middle distance, sprinting, power, javelin, discus, shot putt, relay, fosbury flop, baton</p> <p>Softball- strike, accuracy, diamond, technique, batting, home, pitcher, release, extend</p>
Assessment 1	<p>AP1- written assessment:</p> <ul style="list-style-type: none"> The circulatory system The respiratory system 	<p>AP1- written assessment:</p> <ul style="list-style-type: none"> Types of guidance 	<p>AP1- written assessment:</p> <ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> • Football • Badminton • Basketball • Gymnastics 	<ul style="list-style-type: none"> • Trampolining • Football • Badminton 	<ul style="list-style-type: none"> • Athletics • Rounders • Softball
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