



Curriculum Map for Core PE Year 9

YEAR 9	<p style="text-align: center;">Autumn 1 & 2 Spring 1 & 2 Students rotate around the topics.</p>
Topics	Rugby, Netball, Basketball, Football and Health Related Exercise
Declarative Knowledge – Knowing What To Do	<p>Invasion Games - Football, Netball, Rugby and Basketball</p> <ul style="list-style-type: none"> • Students will learn in football about passing accuracy, selection and distance, outwitting opponents – control, turning, maintain possession from set plays, attacking tactics, shooting – chip, volley, low drive and shot selection, defending tactics – formations, marking, offside and sweeping, set plays – free kicks, throws, goal kicks and corners, small, conditioned games using tactics. • Students will learn in netball about the principles of play, conditioned games, running pass and footwork, attacking principles – outwitting opponents, turning in the air, circle tactics – lifting the ball, holding space and support play, defending principles – marking space/player, pass interception and timing, positions – specific roles, awareness, skills/fitness required, tournament with tactics applied and will be student led. • Students will learn in rugby a recap of principles of play, introduction to positions - 15 a side game transfer, recap of tackling with safety demonstration, 8 men scrummaging, kicking, lineouts and game play. • Students will learn in basketball about passing, dribbling and footwork, attacking principles – possession and overload, shooting – lay-up focus and game play. <p>Health Related Exercise</p> <ul style="list-style-type: none"> • Students will learn about the principles of continuous, interval, fartlek, resistance, strength, speed and plyometrics training.
Procedural Knowledge – Knowing How To Apply The Declarative Knowledge	<ul style="list-style-type: none"> • Students will be able to perform skills in both non-competitive and competitive situations. • Students will apply the principles of attack and defence to game situations. • Students will use sport education to deliver warm-ups, practices and training programmes. • Students will use the fitness suite to design and implement training programmes during the HRE scheme of work. • Students analyse performance and offer feedback to their peers and teachers.
Skills	<ul style="list-style-type: none"> • Students will gain an ability to use gym equipment safely and responsibly. • Students will develop their: <ul style="list-style-type: none"> - Leadership Skills - deliver well planned warm-ups and practises - Communication Skills - used when leading parts of the lessons - Understanding and Applying Training Methods to all Components - Understanding How to Measure Intensity - Evaluate Performance - Decision Making Skills - analyse performance and then decide how to improve - Student Led Aspects of Lessons.

	<ul style="list-style-type: none"> - Self-Reflection - Discipline (good and bad) - Challenge – remove the fear of failure - Determination and Motivation - Assertion Not Aggression - Opportunity to Engage with and Understand Human Emotion - Promote Values and Beliefs Through Sport - Pride in Self and Others - Officiating Skills - being used as an official during lesson tournaments
Links To Prior Learning	<ul style="list-style-type: none"> • Students will build upon knowledge of all sports from Year 8. • Students may be outside school participating in sports clubs. • Students may be participating in extra-curricular school sport.
Literacy/ Numeracy	<ul style="list-style-type: none"> • Timing - on cardio machines • Measuring - distances and heart rate • Keeping score and time during matches • Communicating when feeding back to peers and evaluating performance. • Using key words within lessons to feedback to peers and teachers.
Cross Curricular	<ul style="list-style-type: none"> • Anatomy and Physiology - effects of exercise on, bones, muscles, heart and lungs. • Demonstrating Sportsmanship <ul style="list-style-type: none"> - Enforce Rules and Follow the Officials’ Decisions - Fair Play - Mixed Ethnic and Religious Classes - Mixed Gender Classes - Mixed Socio-Economic Classes • Kaleidoscope questions cover: <ul style="list-style-type: none"> - Role Models from Various Countries and Sports - Racism - Fair Play - Success and Failure - Healthy Lifestyle
Assessment	<ul style="list-style-type: none"> • End of activity assessment using the PE assessment grid.

YEAR 9	Summer 1 & 2 Students Rotate Around The Topics
Topics	Cricket, Tennis, Rounders, Athletics and Softball
Declarative Knowledge – Knowing What To Do	<p>Striking and Fielding Games - Cricket, Softball, Rounders</p> <ul style="list-style-type: none"> • Students will learn in cricket about fielding and catching – slip and boundary, development of batting – sweep, cut and pull, bowling – spin bowling, wicketkeeping and game play. • Students will learn in softball about glove work, fielding short and long, bowling – how to vary pace and accuracy, back stop, base running and tactics, laws and games. • Students will learn in rounders about batting development – develop technique to position the ball using forehand or backhand, bowling development- donkey drop, defensive principles – where to effectively position fielders, attacking principles – body positioning to get around the post quickly and effectively, tournaments through sport education.

	<p>Net Games – Tennis</p> <ul style="list-style-type: none"> Students will learn about ground strokes, top spin, service development, lob, smash, drop shot and game play. <p>Athletics – Track and Field Events</p> <ul style="list-style-type: none"> Students will learn techniques in sprinting, long distance, high jump, shot putt, discuss, javelin, long jump, triple jump, relays and within an athletics competition.
Procedural Knowledge – Knowing How To Apply The Declarative Knowledge	<ul style="list-style-type: none"> Students will be able to perform skills in both non-competitive and competitive situations. Students can work in small groups. Listen and feedback to warm-up ideas. Use work cards to set up drills and warm-ups. Students will use skill cards to help with technique in the athletic field events. Students will apply the principles of attack and defence to game situations using the skills learnt, conditioned games will enable students to learn as they play. Use of coaches from outside agencies to help with the development of cricket.
Skills	<ul style="list-style-type: none"> Students will gain an ability to use gym equipment safely and responsibly. Students will further develop their: <ul style="list-style-type: none"> Leadership Skills - taking small group warm-ups Communication Skills - working in pairs/relays Working Relationships Through Teamwork Resilience Evaluative Skills - peer assess skills and techniques Decision Making Skills - game play scenarios Officiating/Recording - track starting and recording results.
Links To Prior Learning	<ul style="list-style-type: none"> Students will build upon knowledge of all sports from Year 7. Students may be outside school participating in sports clubs. Students may be participating in extra-curricular school sport.
Literacy/ Numeracy	<ul style="list-style-type: none"> Students will be measuring and timing during athletics events. Students will be asked to research Olympic records. Students will use numbers when scoring during cricket game play. Students will use key words and terms. Students will work from booklets if unable to take part in the lesson. Students will be measuring using time. Students will use oracy when giving feedback to others during lesson plenaries.
Cross Curricular	<ul style="list-style-type: none"> Anatomy and Physiology Demonstrating Sportsmanship: <ul style="list-style-type: none"> Enforce Rules and Follow the Officials’ Decisions Fair Play Mixed Ethnic and Religious Classes Mixed Gender Classes Mixed Socio-Economic Classes Kaleidoscope Questions Cover: <ul style="list-style-type: none"> Sports Psychology Summer Olympics Type of Leader Money in Sport
Assessment	<ul style="list-style-type: none"> End of activity assessment using the PE assessment grid.