PE Unit Overview Year 9

It is our intent in PE to create an inclusive curriculum that provides students with opportunities to succeed in sport and physical activity, providing knowledge and understanding of how to lead a healthy active lifestyle throughout adulthood and to provide a love of learning that inspires a lifelong involvement in sport and physical activity.

Pupils are given the opportunity to excel within a broad curriculum with a focus on improving their motor competence (in warm-ups; skills within lessons – passing etc), knowledge of rules, tactics and strategies while engaging in healthy participation.

The sequencing of our curriculum across KS3 provides opportunities for students to build their confidence, communication, resilience, and leadership skills in the broad number of sports that are offered, and skills that are learnt are transferrable across the different sports. These skills are built upon from year 7 to year 9 where more tactical based skills are learnt alongside the more technical skills.

In year 9, students are also provided with theory knowledge, which not only gives them an understanding of the topics in GCSE PE but also provides them with them with knowledge that they can use in later life with regards to their health and physical resilience.

The knowledge and skills that are learnt both theoretically and physically are continued into GCSE PE and BTEC Sport where the depth and breadth of knowledge is increased throughout KS4 and KS5.

Physical Education - Year 9 Term 1				
What are we learning?	**Our Intention - What knowledge, understanding and skills will we gain?**	**Evaluation and Assessment Methods**	**Implementation**	**What additional resources are available?**

All students will be taking part in the following activities: Netball Basketball Handball Football Rugby Trampolining Gymnastics Theory Functions of the Skeleton Bone Classification Muscles Cardiovascular System	Knowledge Key specific terminology and vocabulary Rules and regulations Development of motor skills Development and understanding of key concepts/skills that be used across different sports How to lead warm ups and cool downs, including stretching of key muscle groups. Develop ability to analyse performance of others and be able to understand areas of weakness and offer constructive	A clear understanding of the skills and techniques needed for each sport/activity. Competent in all sporting areas showing confidence, resilience, integrity, selfmotivation, self-management and communication in the knowledge of how to perform each new skill. A sound understanding of the rules and regulations of each sport, coupled with the ability to successfully take part in a competitive format.	Knowledge of previous skills learnt within KS3 help to give a platform to develop new skills within both the tactical and coaching elements. Previous skills taught within a game context enable students to create a deeper understanding and importance for the tactics of the game. Knowledge of prior skills will help provide students with the tools needed in order to spot weaknesses	Extra-curricular clubs both during lunchtimes and after school BBC Bitesize Seneca Learning

	teaching/coaching points in order to improve performance. Develop understanding of tactical awareness and effective use of formations to aid performance. Introduce new theoretical topics that will provide a general understanding ahead of GCSEs in both PE and Science. Understanding Decision making. Developing, adapting and refining skills. Tactical development and awareness within game situations. Attack v defence scenarios looking at how to beat an opponent. Develop an understanding of how our bodies work and how they can affect sporting performance. Skills Practical skills (with increased amount of pressure from opposition, focusing on full-game scenarios) Communication Specific skills within sports: Passing Receiving Moving (with/without ball) Tackling Shooting Beating an opponent	Good confidence when performing and shows a good all-round understanding of skills used. Students will be able to develop transferable skills that can then be applied across different sports and activities. Confidence in own ability in order to successfully 'coach' fellow peers and aid their performance. Successfully able to adopt an appropriate tactical approach within a game. Students will develop a deeper understanding of how the body works and how it can help performance. They will also be able to apply these skills across other subjects.	and provide constructive feedback for peers within coaching.	

Physical Education - Year 9 Term 2

What are we learning?	Our Intention - What knowledge, understanding and skills will we gain?	Evaluation and Assessment Methods	Implementation	What additional resources are available?

All students will be taking part in the following activities: Trampolining Gymnastics Health Related Fitness Badminton Basketball Theory Guidance and Feedback Sporting Behaviours Health & Fitness Principle of Training Training Methods Sports Injuries	Knowledge - Key specific terminology and vocabulary; rules and regulations; development of basic fundamental motor skills. Development and understanding of key concepts/skills that be used across different sports How to lead warm ups and cool downs, including stretching of key muscle groups. Develop ability to analyse performance of others and be able to understand areas of weakness and offer constructive teaching/coaching points in order to improve performance. Introduce new theoretical topics that will provide a general understanding ahead of GCSEs in both PE and Science. Understanding Decision making Developing, adapting and refining skills Aesthetic appreciation Develop an understanding of the importance of training and how different methods can help different sports. Skills Practical skills; communication; specific skills within sports: Passing, receiving. moving (with/without ball), tackling, shooting, synchronisation, counter-balance, travel/movement, cannon.	A clear understanding of the skills and techniques needed for each sport/activity. Competent in all sporting areas showing confidence, resilience, integrity, self motivation, self-management and communication in the knowledge of how to perform each new skill. A sound understanding of the rules and regulations of each sport, coupled with the ability to successfully take part in a competitive format. Good confidence when performing and shows a good all-round understanding of skills used. Students will be able to develop transferable skills that can then be applied across different sports and activities. Confidence in own ability in order to successfully 'coach' fellow peers and aid their performance. Students will develop a deeper understanding of how and why different methods of training can help different performers. They will then be able to use this knowledge to help begin to plan a suitable training plan for themselves.	Knowledge of previous skills learnt within KS3 help to give a platform to develop new skills within the coaching elements. Knowledge of prior skills will help provide students with the tools needed in order to spot weaknesses and provide constructive feedback for peers within coaching.	Extracurricular clubs both during lunchtimes and after school BBC Bitesize Seneca Learning

Physical Education - Year 9 Term 3

What are we learning?	Our Intention - What knowledge, understanding and skills will we gain?	Evaluation and Assessment Methods	Implementation	What additional resources are available?
All students will be taking part in the following activities: Athletics Tennis Cricket Rounders Theory Drugs in Sport PEP – Mini coursework	Knowledge Key specific terminology and vocabulary Rules and regulations Development of basic fundamental motor skills Development and understanding of key concepts/skills that be used across different sports How to lead warm ups and cool downs, including stretching of key muscle groups. Develop ability to analyse performance of others and be able to understand areas of weakness and offer constructive teaching/coaching points in order to improve performance. Introduce new theoretical topics that will provide a general understanding ahead of GCSEs in both PE and Science. Understanding Decision making Developing, adapting and refining skills Develop how to create a training plan that is specific to both them individually and also to their particular sport. Skills - practical skills. Communication. Specific skills within sports: Running, rhrowing, jumping, racket skills (transferred from badminton).	A clear understanding of the skills and techniques needed for each sport/activity. Competent in all sporting areas showing confidence, resilience, integrity, self motivation, self-management and communication in the knowledge of how to perform each new skill. A sound understanding of the rules and regulations of each sport, coupled with the ability to successfully take part in a competitive format. Good confidence when performing and shows a good all-round understanding of skills used. Students will be able to develop transferable skills that can then be applied across different sports and activities. Confidence in own ability in order to successfully 'coach' fellow peers and aid their performance. Using the knowledge from the previous term, students will be able to successfully plan their own training plan and complete it. They should then be able to see the physical improvements made and be able to make suggestions and improvements where necessary.	Knowledge of previous skills learnt within KS3 help to give a platform to develop new skills within the coaching elements. Knowledge of prior skills will help provide students with the tools needed in order to spot weaknesses and provide constructive feedback for peers within coaching. Using the skills taught within the previous term will help to provide guidance in order to create a successful training plan.	Extracurricular clubs both during lunchtimes and after school BBC Bitesize Seneca Learning