



Programme of study for Year 9 Core PE



Autumn (1 st term)	Autumn (1/2 nd term)	Autumn (2 nd term)/ Spring (1 st term)	Spring (1 st /2 nd Term)	Spring (2 nd Term)	Summer (1 st term)	Summer (2 nd term)
<p>Topic / Big Question: Invasion Floor</p> <p>Skills(students should be able to do):</p> <ul style="list-style-type: none"> • Hand-foot (stick) coordination, ball manipulation • Sending & receiving • Principles of play • Outwitting an opponent • Stopping an opponent • Movement & positioning (attacking and defending) • Evaluating self/ Correcting own performance • Evaluating a team • Manipulating a team • Analysing a team's performance • Officiating • Problem solving <p>Sports may Include – Football, Hockey</p>	<p>Topic / Big Question: Invasion Hand</p> <p>Skills(students should be able to do):</p> <ul style="list-style-type: none"> • Hand eye co-ordination, ball manipulation • Sending & receiving • Throwing and catching skills • Principles of play • Understanding the game and object of the game? • Outwitting an opponent • Attacking plays • Stopping an opponent • Defensive plays • Decision making, movement & positioning • Finding Space • Evaluating self & correcting own performance • Applying tactics and strategies to improve performance. • Team work / Tactics • Evaluating a team & Analysing a team's performance <p>Sports may include- Netball, Handball, Rugby, Basketball, Gaelic football</p>	<p>Topic / Big Question: Outdoor Adventurous Activities / Leadership</p> <p>Skills(students should be able to do):</p> <ul style="list-style-type: none"> • Communication • Team Work and collaboration • Problem Solving • Leadership • Orienteering • Creating and developing skills within teams <p>Sports/activities may include- Orienteering, cross country, Climbing, organising self-created games</p>	<p>Topic / Big Question: Health Related Fitness</p> <p>Skills(students should be able to do/understand):</p> <ul style="list-style-type: none"> • Objective/ Question • Exercise Readiness. • Body Changes. • Components of physical fitness. • Components of skill related fitness. • Methods of fitness testing – Physical components of fitness. • Methods of fitness testing – Skill related components of fitness. <p>Sports may include- General fitness, circuit training, Boxercise, Zumba</p>	<p>Topic / Big Question: Net Games</p> <p>Skills(students should be able to do):</p> <ul style="list-style-type: none"> • Sending & receiving Introduction to shots • Movement & positioning Principles of play • Outwitting an opponent Evaluating a team • Topic / Key Question: Type of shots • Serving • Manipulating opponents • Evaluating self & correcting own performance • Applying tactics and strategies to improve performance. <p>Sports may include- Badminton, Short Tennis, Table Tennis, Volleyball</p>	<p>Topic / Big Question: Striking and Fielding</p> <p>Skills(students should be able to do):</p> <ul style="list-style-type: none"> • Catching and throwing • Bowling • fielding techniques • Striking • Tactics <p>Sports may include- Rounders, Cricket, softball</p>	<p>Topic / Big Question: Athletics</p> <p>Skills(students should be able to do):</p> <p>Running</p> <ul style="list-style-type: none"> • Concept of pacing and technique • (Long distance/Middle distance) • Tactics in a distance race <p>Sprinting</p> <ul style="list-style-type: none"> • Sprint Starts • Phases • Sprinting Technique <p>Hurdles</p> <ul style="list-style-type: none"> • Technique <p>Relay</p> <ul style="list-style-type: none"> • Upsweep/downsweep • Tactics <p>Throwing</p> <ul style="list-style-type: none"> • Techniques- Javelin/Shot putt/Discus

Key Learning Outcomes (students should know): A full Scheme of Learning is followed with a series of 12 lessons planned. Lessons become progressively harder over the term. Each lesson has learning outcomes and the staff have scope to start their sequence of lessons based on the needs of the class and their prior knowledge.

End of term 1 assessment to cover: Banded statements at the end of each activity block		End of term 2 assessment to cover: Banded statements at the end of each activity block		End of year assessment to cover: Banded statements at the end of each activity block		
<p>Building understanding: Rationale / breakdown for your sequence of lessons:</p> <p>Pupils are taught in 4, 5 or 6 week blocks and rotate at the end of each unit. During Autumn and Spring term pupils will learn 6 different areas as outlined above. Rotations occur due to maximise space and facilities so that high quality, exciting and engaging lessons will be taught throughout. Pupil enjoyment is paramount as is a strong focus on skills and fitness. Lessons are taught within a scheme of learning with each lesson building on the previous lesson. Higher ability pupils who have a fundamental understanding of the key skills will start further on in the scheme to ensure there is sufficient challenge. Lessons are designed to teach pupils the key skills in each sport so that they go on to play sport outside of school and long into their adult lives. Ensuring pupils have the necessary skills to stay fit and active whilst enjoying physical activity is our primary principle.</p>				<p>Building understanding: Rationale / breakdown for your sequence of lessons: Athletics and striking and fielding activities require outdoor space on the recreation ground with good weather. This is therefore taught in the summer terms. Athletics is included every year except year 11 as they have left for exams and therefore knowledge and technique is built up throughout the years- each time becoming more advanced</p>		
Home – Learning: Flipped learning or project based work using Firefly pages https://featherstonehigh.fireflycloud.net/physical-education-1/ks3-pe						
Reading / literacy: Key words expressed at start. Pupils read outcomes and engage in key reading for H/L	Reading / literacy: Key words expressed at start. Pupils read outcomes and engage in key reading for H/L	Reading / literacy: Key words expressed at start. Pupils read outcomes and engage in key reading for H/L	Reading / literacy: Key words expressed at start. Pupils read outcomes and engage in key reading for H/L	Reading / literacy: Key words expressed at start. Pupils read outcomes and engage in key reading for H/L	Reading / literacy: Key words expressed at start. Pupils read outcomes and engage in key reading for H/L	Reading / literacy: Key words expressed at start. Pupils read outcomes and engage in key reading for H/L
Numeracy: Scoring and working out values- eg. Averages and points during tournaments	Numeracy: Scoring and working out values- eg. Averages and points during tournaments	Numeracy: Scoring and working out values- eg. Averages and points during tournaments	Numeracy: Scoring and working out values- eg. Averages and points during tournaments	Numeracy: Scoring and working out values- eg. Averages and points during tournaments	Numeracy: Scoring and working out values- eg. Averages and points during tournaments	Numeracy: Scoring and working out values- eg. Averages, distances, speed calculations

Enrichment / opportunities to develop cultural capital (including careers, WRL and SMSC):

National School Sports Week

External visitors: Fitness providers, possible visits to universities.

Enrichment: Sports teams and clubs throughout the year