Programme of study for Year 9 Core PE

						Summer First half term Striking and fielding	Summer Second half term Athletics
Topic / Big Question: **Invasion Floor** Skills(students should be able to do): • 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	Topic / Big Question: **Invasion Hand** Skills(students should be able to do): • 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	Topic / Big Question: **Leadership** Skills(students should be able to do): understand: • Leadership characteristics • Leadership qualities • Importance of Communicatio n in leadership	Topic / Big Question: **Dance** **Please see Dance**	Topic / Big Question: **Health Related Fitness / GCSE taster sessoion** Skills(students should be able to do/understand): • 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.	Topic / Big Question: **Net Games** Skills(students should be able to do): • 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.	Topic / Big Question: **Striking and Fielding** Skills(students should be able to do): • Catching and throwing • Bowling • fielding techniques • Striking • deceptive strikes • Tactics	Topic / Big Question: **Athletics** Skills(students should be able to do): **Running** • Concept of pacing and technique • (Long distance/Middle distance) • Tactics in a distance race **Sprinting** • Sprint Starts • Phases • Sprinting Technique **Relay** Upsweep/downsweep • Tactics **Throwing** • Techniques- Javelin/Shot putt/Discus
Sports may include – Football, Hockey	Sports may include- Netball, Handball, Rugby, Basketball, Gaelic football	Activities leadership games, creating games		Activities may include: General fitness, circuit training, Boxercise, Zumba, SAQ, HIIT, Plyometric training, Speed training, Interval training	Sports may include: Badminton, Short Tennis, Table Tennis, Volleyball	Sport may included: Cricket, Rounders, Softball	Track and field events

Key Learning Outcomes (students should know): How to be a successful player. - sending and receiving - attacking - defending - supporting others in their team - how to adapt to different situations - how to communicate effectively		Key Learning Outcomes (students should know): How to work effectively in a team. Using different methods of communication to tackle a range of problems		Key Learning Outcomes (students should know): The impacts of exercise upon the body. How and why we keep our bodies fit and healthy.	Key Learning Outcomes (students should know): How to be a successful player. - sending and receiving - attacking - defending - supporting others in their team - how to adapt to different situations - how to communicate effectively	Key Learning Outcomes (students should know): How to send, receive and strike the ball. Applying tactics to work individually and as part of a team.	Key Learning Outcomes (students should know): How to perform at their maximum within track and field events.
						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 including year 11 and therefore knowledge and technique is built up throughout the years- each time becoming more advanced	
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:	Numeracy:	Numeracy:		Numeracy:	Numeracy:	Numeracy:	Numeracy:

Scoring and working out values- eg. Averages and points during tournaments	Scoring and working out values- eg. Averages and points during tournaments	Scoring and working out values- eg. Averages and points during tournaments		Scoring and working out values- eg. Averages and points during tournaments	Scoring and working out values- eg. Averages and points during tournaments	Scoring and working out values- eg. Averages and points during tournaments	Scoring and working out values- eg. Averages, distances, speed calculations