

Curriculum Planning

Subject: Physical Education **Year** 9 **Ability** Mixed

Term / Date(s)	Activity 1 (4-week block of 8 lessons for 2 of the invasion activities)	Activity 2 (4-week block of 8 lessons for each activity)	Activity 3 (4-week block of 8 lessons for each activity)	Activity 4 (4-week block of 8 lessons for each activity)	Activity 5 (4-week block of 8 lessons for each activity)	Activity 6 (2-week block of 4 lessons for each activity)
Topic	Invasion Games (Rugby, Football, Netball)	Aesthetics (Trampolining)	Net/Striking & fielding Games (Table Tennis, Rounders)	Fitness (Principles of Training)	Athletics	OAA/ Problem Solving (Problem solving)
Topic overview	To be able to retain possession under pressure in a game situation To demonstrate an understanding of how to work with others to defend successfully	To develop an understanding of the different types of rotation To choreograph and perform a routine that includes rotation and flight.	Table Tennis To perform complex shots under pressure. To perform a variety of effective serves Rounders To field effectively under pressure To be able to bowl adapting to the situation	To understand the different principles of training To apply the principle of progressive overload to a training programme	To perform the correct techniques for a variety of different athletics events To demonstrate understanding of the rules and strategies related to different athletics events.	To demonstrate effective teamwork
Components	Students will learn: <ul style="list-style-type: none"> - How to make the correct decisions when in possession of the ball to prevent opponents regaining possession. - How to perform passing and dribbling skills when under pressure from an opponent. - How to communicate effectively with their teammates to regain possession. - How to apply basic defensive strategies in small sided games 	Students will learn: <ul style="list-style-type: none"> - Different types of advanced rotation including front and back somersaults. - How to link movements in order to maintain height - How to evaluate their performance and the performances of others, offering appropriate areas for improvement. 	Students will learn: <ul style="list-style-type: none"> Table Tennis <ul style="list-style-type: none"> - How to make the correct decision in pressure situations. - The importance of the serve to winning a rally. - How to identify areas of their opponents' weaknesses and develop basic strategies to exploit the weaknesses and win a point. Rounders <ul style="list-style-type: none"> - Fielding techniques to help defend a total or set a low target to chase. - How to bowl a variety of deliveries specific to the 	Students will learn: <ul style="list-style-type: none"> - How to plan an appropriate training programme using principles of training effectively. - Why principles of training are required to develop areas of fitness which aids the creation and implementation of the training programme. 	Students will learn: <ul style="list-style-type: none"> - How components of fitness, such as power, links to athletics events. - How the phases of sprinting can impact on the effectiveness of your sprinting. - How to appropriately pace themselves in a distance track race. 	Students will learn: <ul style="list-style-type: none"> - How to work strategically as a team to complete orienteering courses. - How to memorise key information as a team from locations on a course. - How effective leadership skills can have a positive impact on the success of a team.

<p>What pupils should already know (prior learning components)</p>	<ul style="list-style-type: none"> - A variety of ways to pass the ball to help their team mates keep possession. - Tactical knowledge to commit and outwit an opponent. - How to intercept the ball safely and effectively to regain possession. - The key basic positions to allow structure to small modified games. 	<ul style="list-style-type: none"> - Rotation, tumbling, stunts and jumps. - The motions and skills will then be performed in a routine focusing on timing, formations and unison. - How to perform movement phrases to music. - Different types of flight including jumps and landings that they will then perform in a routine with control. 	<p>batters & the match situation.</p> <p>Table Tennis</p> <ul style="list-style-type: none"> - correct technique to play attacking shots into space in order to open the table for a winning shot - How to perform a variety of serves and understand the service rules, in order to add variation in their game <p>Rounders</p> <ul style="list-style-type: none"> - a variety of dynamic fielding skills to reduce the batter's score. - How to strike a moving ball in a given direction to improve their chances of scoring. 	<ul style="list-style-type: none"> - Methods of training and how they link to components of fitness - The advantages and disadvantages of different methods of training for athletes. - How methods of training can be combined to improve a range of fitness components. 	<ul style="list-style-type: none"> - The basic techniques to be successful in measured jumping events. - The basic techniques to be successful in measured throwing events. - The basic techniques to be successful in timed track events. - How to use key equipment safely. 	<ul style="list-style-type: none"> - How to orientate a map to allow them successfully identify the key features around them. - How to "thumb" the map to ensure the map is positioned correctly preventing map reading mistakes. - How to highlight important features on a range of maps enabling them to give clear directions to others. - How to give clear directions referencing key features on a map.
<p>Transferrable knowledge (skills)</p>	<ul style="list-style-type: none"> - Defensive strategies and techniques in netball can be easily transferred to defending skills in basketball e.g. Man to man, zonal defence etc. - The communication skills that are learnt within any invasion game can be transferred to other sports and it can aid with defence. - Creating space and movement off the ball to retain possession in invasion games can be transferred to other similar sports - Tactics and set plays can be used in conditioned games and can be replicated across other invasion games. 	<ul style="list-style-type: none"> - Students identify areas for improvement in performances referring to keywords/teaching points. - The use of space when creating routines. - The different types of flight including jumps and longitudinal rotation. - Linking moves together to make routines. - Knowledge of body tension and control when performing skills. Aesthetic appreciation of others works. - Students identify areas for development in performances referring to keywords/ teaching points. 	<ul style="list-style-type: none"> - Identify strengths & weaknesses of opponents - Stance and body position to effectively strike a ball. - Being able to track a ball of different heights and speed effectively. - Understanding where the different directional stances. 	<ul style="list-style-type: none"> - Specificity referred to when students are carrying their skill rehearsal phase at the start of a lesson. - Variance is referred to at the start of lessons when students lead and carry out different pulse raiser activities to prevent boredom. - A gradual increase in differentiated skill drills during invasion sports will highlight progression in lessons. - Students set themselves SMART targets during peer and self-assessment learning outcomes (aesthetics). 	<ul style="list-style-type: none"> - An understanding of pacing and why it is necessary for distance events. - The basic side on stance for all throwing events and angles of release. - Understanding of body position and how this can help to generate power. - Understanding which running events to pace themselves maintaining performance. - Basic start positions and running techniques. - Basic one foot take-off techniques and two-foot landing technique. 	<ul style="list-style-type: none"> - Be able to read key and refer to grid references on a basic map in preparation for Geography lessons and Duke of Edinburgh. - Develop leadership strategies to successfully overcome challenges as a team in invasion sports. - Clear and concise non-verbal communication used when officiating and working within invasion games as part of a team. - Respectfully listening to their peers to enable them to be effective within a team or small group.

Key vocabulary pupil will know and learn	Possession, passing, dribbling, attacking, decision making, pivoting verbal and non-verbal communication, marking, tackling, body positioning, jumping, timing	Flight, control, jump, height, levels, tuck, pike, straddle, landings, twist, core strength, flexibility, evaluation, analysis, feedback, creativity, fluency.	Table Tennis Paddle, table, bat, net, shots, forehand, backhand, serve, bounce, stance, smash, singles, doubles, drive, spin, push, rally, space, Rounders Bowling, catching, batting, throwing, catching, scoring, no ball, out, side on, follow through, opening/closing body.	Principles of training, moderation, reversibility, specificity, variance, progression, frequency, intensity, time, type	Safety, release, take-off, pacing, landing, co-ordination, power, speed, cardiovascular endurance, trajectory, angle, weight, transfer, measure, time, results.	Marker, orientation, key, direct route, point of interest, Communication, leadership, teamwork, map, compass, trail
Assessment activities	Students will complete an end of unit assessment activity that will give them an overall grade for the activity. This will be logged on the department's internal tracker. Examples of the type of assessment activity students will complete are: <ul style="list-style-type: none"> - Small sided, 5 v 5 modified matches - Conditioned games 	Students will complete an end of unit assessment activity that will give them an overall grade for the activity. This will be logged on the department's internal tracker. Examples of the type of assessment activity students will complete are: <ul style="list-style-type: none"> - To perform your own choreographed 10 bounce routine with fluency and control 	Students will complete an end of unit assessment activity that will give them an overall grade for the activity. This will be logged on the department's internal tracker. Examples of the type of assessment activity students will complete are: <ul style="list-style-type: none"> - King of the court - Ladder/table tournament - Conditioned games 	Students will participate in on-going assessment activities, focusing on a variety of methods of training and their application, that will make up an overall grade for the activity. This will be logged on the department's internal tracker. Examples of the type of assessment activity students will complete are: <ul style="list-style-type: none"> - Design a two-session programme to demonstrate the implementation of training principles. 	Students will participate in on-going assessment activities, on an event-by-event basis, that will make up an overall grade for the activity. This will be logged on the department's internal tracker. Examples of the type of assessment activity students will complete are: <ul style="list-style-type: none"> - Measure throws - Measured jumps - Timed races. 	Students will complete an end of unit assessment activity that will give them an overall grade for the activity. This will be logged on the department's internal tracker. Examples of the type of assessment activity students will complete are: <ul style="list-style-type: none"> - Timed competitions using the animal orienteering course.
Resources available	Staff have access to regularly reviewed schemes of learning, as well as pre-planned lesson resources.	Staff have access to regularly reviewed schemes of learning, as well as pre-planned lesson resources.	Staff have access to regularly reviewed schemes of learning, as well as pre-planned lesson resources.	Staff have access to regularly reviewed schemes of learning, as well as pre-planned lesson resources.	Staff have access to regularly reviewed schemes of learning, as well as pre-planned lesson resources.	Staff have access to regularly reviewed schemes of learning, as well as pre-planned lesson resources.
Notes Why this topic is important...	Students develop understanding of how to work as a team effectively, developing their communication skills. All students will learn how to create space as a team and work together to maintain possession throughout a game. All students will learn how to organise and effectively develop strategies as part of a team. All students will be able to recognise and respond to the opponents' strategies and overcome challenges as a unit.	This allows students to develop their choreography skills by using combination moves to produce a 10 bounce routine which maintains height. They have the opportunity to develop their performance and evaluation skills by being able to identify areas for improvement within their own performance	This allows students to develop their fine motor skills which will improve their overall hand-eye co-ordination. This allows students to identify strengths and weaknesses of their own and other performances. Striking a ball using complex shots develops students' resilience, as, these are skills which will be developed over time to master.	This allows students to understand how to train effectively by applying the key rules of training (principles). This will allow them to improve their health and achieve their fitness targets. This allows students to learn the key vocabulary in preparation for the mandatory R181 Sports Science unit, where they will design a 6-week programme. All students will understand how to train safely and effectively to prevent minor and major injuries.	To develop more proficiency in pacing for distance events, therefore increasing chances of success in the races. To continue to develop the fundamental skills of running, jumping and throwing. Develop key fundamental skills transferred between sports. Students gain a deeper understanding of methods of training and how they are applied to athletics. Students understand how to follow rules to ensure safety.	All students will learn how to communicate effectively as part of a team. This will enable them to work more effectively in group work across other subjects. All students will learn ways of recalling information. This will help their memory recall when preparing for key assessments across school. Students will develop their leadership skills to overcome challenges. These scenarios will prepare them for future challenges.

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