

Physical Education Curriculum Overview– Year 9

In Year 9 students specialise in sports specific skills and practice these in **opposed and pressurised situations** through different activities on a rotation throughout the year. Students continue to build upon knowledge of analysis of performance, tactics and strategies, healthy, active lifestyles and anatomy and physiology.

		Analysis of Performance	Tactics and Strategies		Healthy, active lifestyles	Anatomy and Physiology	
Knowledge & Skills		<p>Suggest ways in which a performance can be improved.</p> <p>Use basic key vocabulary associated with the activities which they participate in confidently and consistently. Begin to use more advanced vocabulary in different activities.</p> <div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">Assessment</p> <ul style="list-style-type: none"> • Describes different ways a performance can be improved • Uses basic and some advanced sport specific vocabulary confidently and consistently </div>	<p>Students will use their knowledge of the rules to perform as an official in some of the activities that they participate in.</p> <p>Students will learn about more advanced tactics in each activity to outwit opponents, perform aesthetically or problem solve.</p> <div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">Assessment</p> <ul style="list-style-type: none"> • Perform as an official in some activities • Apply more advanced tactics </div>		<p>Students will be able to:</p> <ul style="list-style-type: none"> • Explain the reasons for warming up • Describe the long term effects of exercise • Give examples of how components of fitness are used within activities <div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">Assessment</p> <ul style="list-style-type: none"> • Explain why we warm up • Describe some long term effects of exercise • Give examples of how components are used in activities </div>		<p>Students will be able to identify antagonistic pairs at the the knee and elbow, including the agonist and antagonist.</p> <div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">Assessment</p> <ul style="list-style-type: none"> • Describe what an antagonistic pair, agonist and antagonist are • Describe how the knee and elbow work as an antagonistic pair </div>
	Sport Specific skills	Boys	<p style="text-align: center;">Football</p> <ul style="list-style-type: none"> • Passing • Ball control • Dribbling • Turning • Shooting • Defending • Crossing and finishing • Creating space 	<p style="text-align: center;">Rugby</p> <ul style="list-style-type: none"> • Passing • Catching • Tackling • Playing the ball • Evasion • Defending • Support play • Creating space 	<p style="text-align: center;">Athletics</p> <ul style="list-style-type: none"> • Sprinting • Pacing • Jumping • Throwing 	<p style="text-align: center;">Striking & Fielding</p> <ul style="list-style-type: none"> • Throwing • Catching • Bowling • Batting • Running • Fielding 	<p style="text-align: center;">Fitness</p> <ul style="list-style-type: none"> • Equipment safety • Aerobic training • Anaerobic training
	Girls					<p style="text-align: center;">Netball</p> <ul style="list-style-type: none"> • Ball handling • Running step • Backline passes • Centre passes • Shooting • Interceptions 	<p style="text-align: center;">Dance</p> <ul style="list-style-type: none"> • Motif development • Actions • Space • Dynamics • Relationships
		See next page for “Beyond The Curriculum”					

Beyond The Curriculum

Suggested Places to visit

- Headingley stadium, Leeds
- Sheffield's English Institute of sport
- Old Trafford stadium, Manchester
- National Football museum, Manchester
- British Sports museum

Websites to explore

- www.thefa.com
- www.rugby-league.com
- www.britishathletics.org.uk
- www.ecb.co.uk
- www.roundersengland.co.uk
- www.britishorienteeing.org.uk
- www.ballet.org.uk
- www.englandnetball.co.uk
- www.tabletennisengland.co.uk
- www.skysports.com
- www.bbc.co.uk/sport

Enrichment clubs

- Football
- Rugby
- Athletics
- Rounders
- Cricket
- Table tennis
- Fitness
- Netball

Competitions and school trips

- Calderdale competitions (varied sports)
- West Yorkshire competitions (varied sports)
- English schools competitions (through qualification)
- Trips to watch professional fixtures