

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	Suggest ways in which a performance can be improved.		Students will use their knowledge of the rules to perform as an official in some of the activities that they participate in.		Students will be able to: • Explain the reasons for warming up • Describe the long term effects of exercise • Give examples of how components of fitness are used within activities		Students will be able to identify antagonistic pairs at the the knee and elbow, including the agonist and antagonist.		
	Use basic key vocabulary associated with the activities which they participate in confidently and consistently. Begin to use more advanced vocabulary in different activities.		Students will learn about more advanced tactics in each activity to outwit opponents, perform aesthetically or problem solve.						
Assessment • Describes different ways a performance can be improved • Uses basic and some advanced sport specific vocabulary confidently and consistently			Assessment • Perform as an official in some activities • Apply more advanced tactics		Assessment • Explain why we warm up • Describe some long term effects of exercise • Give examples of how components are used in activities		Assessment • Describe what an antagonistic pair, agonist and antagonist are • Describe how the knee and elbow work as an antagonistic pair		
Sport Specific skills	Boys	Football		Rugby	Athletics	Striking & Fielding		Fitness	Table Tennis
		• Passing • Ball control • Dribbling • Turning • Shooting • Defending • Crossing and finishing • Creating space		• Passing • Catching • Tackling • Playing the ball • Evasion • Defending • Support play • Creating space	• Sprinting • Pacing • Jumping • Throwing	• Throwing • Catching • Bowling • Batting • Running • Fielding		• Equipment safely • Aerobic training • Anaerobic training	• Stance & grip • Push shot • Serve • Spin • Drive shot • Ball control
	Girls							Netball	Dance
								• Ball handling • Running step • Backline passes • Centre passes • Shooting • Interceptions	• 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.britishorienteering.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
------------------------------	---	---	---	---