

Year 9 Big Picture – Physical Education



Autumn 01 Weeks 1 – 7 (7 weeks) Autumn 02 Weeks 8 – 14 (7 weeks)

Content: Year 9 students have 3 lessons of PE over a fortnight where they will complete 8 lessons of each sport in their unit of work.

Boys groups will take part in Football, Rugby, Trampolining, Basketball and Badminton.

Girls groups will take part in Netball, Trampolining, Badminton and Football.

During Invasion Games, students will focus on:

- More advanced skills applied into game contexts
- > Team attacking and defending skills and principles
- Advanced decision-making skills
- > Full game rules, formations and positions

During Net and Wall Games, students will focus on:

- Speed and agility to cover 'court' and create time for more advanced skills
- More advanced skills to maintain and win rallies
- Different formations, positions and tactics in full game settings
- More advanced rules and officiating

Spring 01 Weeks 15-21 (7 weeks) Spring 02 Weeks 22 – 26 (5 weeks)

Content: Year 9 students have 3 lessons of PE over a fortnight where they will complete 8 lessons of each sport in their unit of work.

Boys groups will take part in Trampolining, Basketball, Badminton and Tchoukball.

Girls groups will take part in Tchoukball and Tag Rugby.

During Invasion Games, students will focus on:

- More advanced skills applied into game contexts
- > Team attacking and defending skills and principles
- > Advanced decision-making skills
- > Full game rules, formations and positions

During Net and Wall Games, students will focus on:

- Speed and agility to cover 'court' and create time for more advanced skills
- More advanced skills to maintain and win rallies
- Different formations, positions and tactics in full game settings
- More advanced rules and officiating

Summer 01 Weeks 27-32 (6 weeks) Summer 02 Weeks 33-39 (7 weeks)

Content: Year 9 students have 3 lessons of PE over a fortnight where they will complete 8 lessons of each sport in their unit of work.

Boys groups will take part in Tchoukball, Cricket & Athletics.

Girls groups will take part in Badminton, Trampolining, Rounders and Athletics.

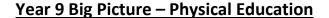
During Trampolining, students will focus on:

- Fundamental skills such as shapes, balances, twists, turns & landings
- Understand the Health & Safety
- Individual sequencing of routines
- Strength and suppleness when working with others

During Net and Wall Games, students will focus on:

- Speed and agility to cover 'court' and create time for more advanced skills
- More advanced skills to maintain and win rallies
- Different formations, positions and tactics in full game settings
- More advanced rules and officiating







During Trampolining, students will focus on:

- Fundamental skills such as shapes, balances, twists, turns & landings
- Understand the Health & Safety
- Individual sequencing of routines
- Strength and suppleness when working with others

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- Individual sequencing of routines
- Strength and suppleness when working with others

During Striking & Fielding Games, students will focus on:

- Wider range of skills including variations in flight, spin, timing of strike etc
- > Advanced decision-making skills
- > Full game rules, positions and formations

During Athletics events, students will focus on:

- Core fundamental techniques of running (speed and endurance),
- > jumping (for distance and height) and
- throwing

During Striking & Fielding Games, students will focus on:

- Wider range of skills including variations in flight, spin, timing of strike etc
- ➤ Advanced decision-making skills
- > Full game rules, positions and formations

Assessment Objectives

Class feedback sheets to be completed based on the skills covered during the unit of work. This is to raise and rectify all the misconceptions. This is complete in lesson 6 of each sport.

Mini Test 1 for FOOTBALL CORE TASK 3v2:

Students to attack in waves of 3 with 2 defenders, attempt to take a shot at the goal

Mini Test 1 for NETBALL/BASKETBALL CORE TASK 3v2:

Students' knowledge and application of correct footwork, correct passing techniques, movement off the ball when attacking and defending in a competitive situation

Mini Test 1 for RUGBY CORE TASK – 3v3

Assessment Objectives

Class feedback sheets to be completed based on the skills covered during the unit of work. This is to raise and rectify all the misconceptions. This is complete in lesson 6 of each sport.

Mini Test 1 for FOOTBALL/TCHOUKBALL CORE TASK 3v2:

Students to attack in waves of 3 with 2 defenders, attempt to take a shot at the goal

Mini Test 1 for NETBALL/BASKETBALL CORE TASK 3v2:

Students' knowledge and application of correct footwork, correct passing techniques, movement off the ball when attacking and defending in a competitive situation

Mini Test 1 for RUGBY CORE TASK – 3v3

Assessment Objectives

Class feedback sheets to be completed based on the skills covered during the unit of work. This is to raise and rectify all the misconceptions. This is complete in lesson 6 of each sport.

Mini Test 1 for TRAMPOLINING CORE TASK 5 Bounce Routine

Students will create a 5bounce routine which will include any of the shapes, turns and landings covered in unit of work

Mini Test 1 for BADMINTON

CORE TASK – Singles Game

Students will play a singles match starting with a serve and use a variety of shots within a rally.

Mini Test 1 for CRICKET CORE TASK Diamond Cricket

Students will get into teams, playing the role of batter, wicket keeper, fielder, and a bowler.







Students' knowledge and application of correct tackling, correct passing techniques, movement off the ball and decision making, when attacking and defending in a competitive situation

Mini Test 1 for TRAMPOLINING CORE TASK 5 Bounce Routine

Students will create a 5bounce routine which will include any of the shapes, turns and landings covered in unit of work

Mini Test 1 for BADMINTON CORE TASK – Singles Game

Students will play a singles match starting with a serve and use a variety of shots within a rally

Students' knowledge and application of correct tackling, correct passing techniques, movement off the ball and decision making, when attacking and defending in a competitive situation

Mini Test 1 for TRAMPOLINING CORE TASK 5 Bounce Routine

Students will create a 5bounce routine which will include any of the shapes, turns and landings covered in unit of work

Mini Test 1 for BADMINTON CORE TASK – Singles Game

Students will play a singles match starting with a serve and use a variety of shots within a rally

Mini Test 1 for TCHOUKBALL CORE TASK 3V1:

3 v 1 attacking finishing with a shot at goal. Defending Delay and Deny.

Mint Test 1 for ROUNDERS CORE TASK - Game

Mini Test 1 for ATHLETICS

No Core Task but students' performances in sprints, middle distance, throws and jumps will be measured against time and distance