



PE - Yr 9 – Practical 1



Curriculum Intent

The Physical Education department intend to inspire pupils to participate and enjoy sport and other physically-demanding activities inside of school, outside of school and continue their participation in later life. We aim to develop every child's health and fitness, while motivating them to lead healthy, active lives.

We provide opportunities for pupils to participate in sport by creating a varied extra-curricular timetable and by entering teams and competitions in football, rugby, netball, basketball, cross country, gymnastics, athletics, swimming, cricket and rounders.

Athletics

Students will learn:-

- Athletics – Core, and Advanced skills as well as decision making covered over 8 single lessons

What does Excellence look like?

Consistently excellent accuracy in all core and advanced skills when performed at speed under competitive pressure.

Decision making is consistently accurate and appropriate to the situation.

Has considerable influence over the event.

Knowledge, understanding & Skills

Core Skills:

- Track Events 100m, 200m 300m, 400m (yr10-11boys), 1500m – **VERY GOOD** start, finish, posture, leg/arm action, head carriage, efficiency on nearly all occasions
- Jumping Events- Long, High and triple jump – **VERY GOOD** effective approach, arm/leg action, take off, flight and landing on nearly all occasions
- Throwing Events- Shot, Discus, Javelin – **GOOD** effective stance, grip, travel, throwing action, release, flight, follow most of the time

Advanced Skills:

- **GOOD** use Hang/Hitch/Fosbury flop technique (Long/Triple/High) and land beyond the initial point of contact (Long/Triple) most of the time
- **GOOD** use of Cross Step/Glide (Javelin/Shot put) most of the time

Decision Making:

- **GOOD** use and understand of pacing and when to start a sprint finish (Long Distance Track) most of the time
- **GOOD** use of altering a run up (Jumping) most of the time

How are homework /wider resources used to enhance learning?

- Extra-Curricular clubs/teams
- YouTube
- H/W on tactics and increasing knowledge of the sport

How will students be assessed?

Assessment at the end of each unit of work.
Teacher to use GCSE assessment criteria.

Badminton

Students will learn:-

- Badminton – Core, and Advanced skills as well as decision making covered over 6 single lessons

What does Excellence look like?

Consistently excellent accuracy in all core and advanced skills when performed at speed under competitive pressure.

Decision making is consistently accurate and appropriate to the situation.

Has considerable influence over the event.

Knowledge, understanding & Skills

Core Skills:

- Forehand underarm and overhead clears – **VERY GOOD** accuracy. Shuttle lands at the back of the court most of the time
- Forehand underarm and overhead drop shots – **VERY GOOD** accuracy. Shuttle lands at the front of the court most of the time
- Forehand smashes – **GOOD** accuracy. Shuttle is hit downwards with power 50% of the time
- Forehand long serves – **GOOD** accuracy. Shuttle lands at the back of the court 50% of the time
- Backhand and forehand short serves – **VERY GOOD** accuracy. Shuttle lands at the front of the service box most of the time

Advanced Skills:

- Backhand underarm and overhead clears – **SOME** accuracy. Shuttle lands at back of the court some of the time
- Backhand underarm and overhead drop shots - **GOOD** accuracy. Shuttle lands at front of the court 50% of the time
- Backhand smashes – **SOME** accuracy. Shuttle is hit downwards with power some of the time

Decision Making:

- Able to use a variety of shots to move opponent around the court **50% OF THE TIME**
- Able to disguise shots successfully **50% OF THE TIME**

How are homework /wider resources used to enhance learning?

- Extra-Curricular clubs/teams
- YouTube
- H/W on tactics and increasing knowledge of the sport

How will students be assessed?

Assessment at the end of each unit of work.
Teacher to use GCSE assessment criteria.

Basketball

Students will learn:-

- Basketball – Core, and Advanced skills as well as decision making covered over 6-8 single lessons

What does Excellence look like?

Consistently excellent accuracy in all core and advanced skills when performed at speed under competitive pressure.

Decision making is consistently accurate and appropriate to the situation.

Has considerable influence over the event.

Knowledge, understanding & Skills

Core Skills:

- Passing (Chest, bounce and overhead) - **VERY GOOD** accuracy on nearly all occasions
- Dribbling with dominant hand – **VERY GOOD** control on nearly all occasions
- Shooting (set shot and jump shot) – **VERY GOOD** accuracy on nearly all occasions over short distance, **GOOD** accuracy most of the time
- Lay-up with dominant hand – successful most of the time

Advanced Skills:

- Beat an opponent with a fake and drive – **GOOD** accuracy most of the time
- Lay-up using non-dominant hand – **GOOD** accuracy most of the time
- Dribble using non-dominant hand – **GOOD** accuracy most of the time
- Hook shot – **GOOD** accuracy most of the time
- Rebound – **GOOD** accuracy most of the time

Decision Making:

- Communication with other players on offensive and defensive tactics (career related)** – used successfully most of the time
- Tactics and strategies (man to man/zonal marking, positioning on court, screens) – used successfully most of the time

How are homework /wider resources used to enhance learning?

- Extra-Curricular clubs/teams
- YouTube
- H/W on tactics and increasing knowledge of the sport

How will students be assessed?

Assessment at the end of each unit of work.
Teacher to use GCSE assessment criteria.

Cricket

Students will learn:-

- Cricket - Core, and Advanced skills as well as decision making covered over 6 single lessons

What does Excellence look like?

Consistently excellent accuracy in all core and advanced skills when performed at speed under competitive pressure.

Decision making is consistently accurate and appropriate to the situation.

Has considerable influence over the event.

Knowledge, understanding & Skills

Core Skills:

- Batting (Stance, Grip, footwork, forward and backward defensive shots, drives) - **SOMETIMES** accurate
- Bowling with line and length (fast, medium or spin) – **SOMETIMES** accurate
- Fielding- Underarm throw, overarm throw over varying distances, long barrier and catching – **VERY GOOD** accuracy on nearly all occasions over short distances, **GOOD** accuracy on most occasions over long distances

Advanced Skills:

- Batting- Square cut, pull shots, hook shots, sweeps – **SOMETIMES** accurate
- Bowling- with a variety of line, length and flight – **SOMETIMES** accurate
- Fielding- Pick up and throw in one motion – **SOMETIMES** successful

Decision Making:

- Excellent communication with partner – most of the time
- Organisation of the fielders (Leadership skills: Career related)** – most of the time
- Apply tactics and strategies to outwit an opponent – **SOMETIMES**
- Placement of the ball away from fielders - **SOMETIMES**

How are homework /wider resources used to enhance learning?

- Extra-Curricular clubs/teams
- YouTube
- H/W on tactics and increasing knowledge of the sport

How will students be assessed?

Assessment at the end of each unit of work.
Teacher to use GCSE assessment criteria.

Fitness

Students will learn:-

- Core, and Advanced skills as well as decision making covered over 6 single lessons

What does Excellence look like?

- Consistently excellent intensity and technique

- Able to structure fitness session appropriately using the various methods of training

Knowledge, understanding & Skills

Core Skills:

- Continuous training
- Interval training
- Fartlek training
- Circuit training (e.g. squats, lunges, step ups, shuttle runs, press ups, sit ups, planks, skipping)
- HIIT training
- SAQ training

*Students are able to participate in the training methods listed above with **VERY GOOD** intensity and **VERY GOOD** technique on **NEARLY ALL** occasions*

Advanced Skills:

- Ability to make training harder (e.g. in circuit training, jumping squats, jumping lunges, one leg plank etc.)

*Students are able to participate in training after increasing the intensity **MOST** of the time*

Decision Making:

- VERY GOOD** knowledge of how to structure an appropriate fitness session in each of the various methods

How are homework /wider resources used to enhance learning?

- Extra-Curricular clubs/teams
- YouTube

How will students be assessed?

Assessment at the end of each unit of work.
Teacher to use GCSE assessment criteria.