

### Year 9 Core PE

<b>Curriculum intent</b>	<p>In year 9 PE students will explore and revisit the development of key concepts and content. The accurate procedural knowledge of skills and techniques will be mastered in isolation.</p> <p>They can analyse and evaluate performance to bring about personal improvement in physical activity in the following sports in Softball, Basketball, Badminton, Football, OAA (orienteeing), Fitness and Athletics and rotate around these sports in 10 lesson blocks.</p> <p>For rules, strategies and tactics they will gain and understand knowledge that's takes pupils beyond the knowledge they'd be exposed to at home and their knowledge of healthy participation becomes increasingly complex over time.</p> <p>Pupils' declarative and procedural knowledge becomes increasing complex over time.</p> <p>Lessons include realistic 'purposeful play' related practices where appropriate, e.g. modified game-based activities to develop and consolidate year 8 skills and knowledge in a particular technique.</p>					
<b>Term</b>	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Knowledge</b>	<p><b>9- 1 OAA/Netball</b></p> <p><b>9- 2 Netball/ Outdoor Adventurous Activities ~(OAA)</b></p> <p><b>9-3 Fitness/ Badminton</b></p> <p><b>OAA</b> This includes physical conditioning focus on the fundamentals of movement and body conditioning. Cardiovascular fitness, muscular endurance, orientate the map, how to observe surrounding and markings, team work, and cardiovascular fitness for continuous training. Pacing exercises, taking bearings, score competition, deciding control points.</p>	<p><b>9- 1 OAA/Netball</b></p> <p><b>9- 2 Netball/ Outdoor Adventurous Activities ~(OAA)</b></p> <p><b>9-3 Fitness/ Badminton</b></p> <p><b>OAA</b> This includes physical conditioning focus on the fundamentals of movement and body conditioning. Cardiovascular fitness, muscular endurance, orientate the map, how to observe surrounding and markings, team work, and cardiovascular fitness for continuous training. Pacing exercises, taking bearings, score competition, deciding control points.</p>	<p><b>9- 1 BTEC Taster / Football</b></p> <p><b>9- 2 BTEC Taster / Football</b></p> <p><b>9- 3 BTEC Taster / Football</b></p> <p><b>Football-</b> This includes foot-eye co-ordination for football i.e. passing, shooting, positions, formations, tactics, controlling the ball, dribbling, shooting and turning with the ball, they will experience difficult decision-making opportunities, strategic scenarios and problems solving activities that will need teamwork, leadership and football skills to overcome.</p>	<p><b>9- 1 BTEC Taster / Softball</b></p> <p><b>9- 2 BTEC Taster / Badminton</b></p> <p><b>9- 3 BTEC Taster / OAA</b></p> <p><b>OAA</b> This includes physical conditioning focus on the fundamentals of movement and body conditioning. Cardiovascular fitness, muscular endurance, orientate the map, how to observe surrounding and markings, team work, and cardiovascular fitness for continuous training. Pacing exercises, taking bearings, score competition, deciding control points.</p>	<p><b>9- 1 Fitness</b></p> <p><b>9- 2 Softball</b></p> <p><b>9- 3 Netball</b></p> <p><b>Softball</b> Students will apply relationship and social skills as they demonstrate the ability to send and receive objects of a variety of shapes and sizes, at different levels and speeds, using different body parts. They will demonstrate behaviours and apply procedures that maximise their safety, and that of others, as they actively participate in a variety of striking and fielding activities. Students will identify</p>	<p><b>9- 1 Athletics</b></p> <p><b>9- 2 Athletics</b></p> <p><b>9- 3 Athletics</b></p> <p><b>Athletics</b> This includes effective throw, refinement of technique, understand the rules regarding the throw and landing and pacing and rules in track events. All students will understand the rules and regulations of all track and field events and be able to coach and support one another. Students will take an active role within lessons to be independent learners.</p>

<p><b>Netball</b> This includes hand-eye co-ordination i.e. passing, shooting, defending 1V1 fake, effective communication skills both in practices and games. All students will understand the rules and regulations of basketball. Students will be able to devise effective tactics and strategies, making appropriate decisions in game related situations in order to beat their opponents.</p> <p><b>Fitness</b> They will work on cardio vascular exercise, strength and agility testing be able to run, jump, develop core strength and components of fitness. They will be able to plan and deliver fitness activities to a group of students/the full class. Students will see an improvement in their own physical fitness ability as this cycle of work develops. They will use their own motivation to start to develop an exercise programme analysing their own strengths and</p>	<p><b>Netball</b> This includes hand-eye co-ordination i.e. passing, shooting, defending 1V1 fake, effective communication skills both in practices and games. All students will understand the rules and regulations of basketball. Students will be able to devise effective tactics and strategies, making appropriate decisions in game related situations in order to beat their opponents.</p> <p><b>Fitness</b> They will work on cardio vascular exercise, strength and agility testing be able to run, jump, develop core strength and components of fitness. They will be able to plan and deliver fitness activities to a group of students/the full class. Students will see an improvement in their own physical fitness ability as this cycle of work develops. They will use their own motivation to start to develop an exercise programme analysing their own strengths and</p>	<p><b>BTEC Sport</b> Investigate the components of fitness and their effect on performance, take part in practical sport, explore the role of officials in sport and learn to apply methods and sporting drills to improve other participants' sporting performance.</p> <p><b>BTEC Dance</b> Classes will develop technical, practical and interpretative skills through the rehearsal and performance process. They will work from existing performing arts repertoire, applying relevant skills and techniques to reproduce performance or design elements of the work. They will review your own progress and consider how to make improvements.</p>	<p><b>Badminton</b> Includes stance, footwork, grip, serve, volley, develop a range of racket skills and techniques to be able to play a basic game of Badminton successfully. Development, moving the opponent around a court, creating space, basic scoring, basic rules and boundaries.</p> <p><b>Softball</b> Students will apply relationship and social skills as they demonstrate the ability to send and receive objects of a variety of shapes and sizes, at different levels and speeds, using different body parts. They will demonstrate behaviours and apply procedures that maximise their safety, and that of others, as they actively participate in a variety of striking and fielding activities. Students will identify and apply tactical solutions to help them participate effectively during a variety of striking and fielding activities.</p>	<p>and apply tactical solutions to help them participate effectively during a variety of striking and fielding activities.</p> <p><b>Fitness</b> They will work on cardio vascular exercise, strength and agility testing be able to run, jump, develop core strength and components of fitness. They will be able to plan and deliver fitness activities to a group of students/the full class. Students will see an improvement in their own physical fitness ability as this cycle of work develops. They will use their own motivation to start to develop an exercise programme analysing their own strengths and weaknesses. They will develop and lead exercises that will motivate other peers, to begin to think about why different intensities of exercises are needed.</p> <p><b>Netball</b></p>	
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	<p>weaknesses. They will develop and lead exercises that will motivate other peers, to begin to think about why different intensities of exercises are needed.</p> <p><b>Badminton</b> Includes stance, footwork, grip, serve, volley, develop a range of racket skills and techniques to be able to play a basic game of Badminton successfully. Development, moving the opponent around a court, creating space, basic scoring, basic rules and boundaries.</p>	<p>weaknesses. They will develop and lead exercises that will motivate other peers, to begin to think about why different intensities of exercises are needed.</p> <p><b>Badminton</b> Includes stance, footwork, grip, serve, volley, develop a range of racket skills and techniques to be able to play a basic game of Badminton successfully. Development, moving the opponent around a court, creating space, basic scoring, basic rules and boundaries.</p>		<p><b>BTEC Sport</b> Investigate the components of fitness and their effect on performance, take part in practical sport, explore the role of officials in sport and learn to apply methods and sporting drills to improve other participants' sporting performance.</p> <p><b>BTEC Dance</b> Classes will develop technical, practical and interpretative skills through the rehearsal and performance process. They will work from existing performing arts repertoire, applying relevant skills and techniques to reproduce performance or design elements of the work. They will review your own progress and consider how to make improvements</p>	<p>This includes hand-eye co-ordination i.e. passing, shooting, defending 1V1 fake, effective communication skills both in practices and games. All students will understand the rules and regulations of basketball. Students will be able to devise effective tactics and strategies, making appropriate decisions in game related situations in order to beat their opponents.</p>	
<b>Skills</b>	<p><b>Consolidate Year 8 OAA</b> Physical conditioning focusing on the fundamentals of movement and body</p>	<p><b>Consolidate Year 8 OAA</b> Physical conditioning focusing on the fundamentals of movement and body</p>	<p><b>Consolidate Year 8 Football</b> Foot-eye co-ordination for football i.e. passing, shooting, positions, formations, tactics,</p>	<p><b>Consolidate Year 8 Badminton</b> -stance, footwork, grip, serve, volley, develop a range of racket skills and techniques to be able to</p>	<p><b>Consolidate Year 8 Fitness-</b> they will work on cardio vascular exercise, strength and agility testing be able to</p>	<p><b>Consolidate Year 8 Athletics</b> - effective throw, refinement of technique, understand the rules regarding the throw and</p>

<p>conditioning. Cardiovascular fitness, muscular endurance, orientate the map, how to observe surrounding and markings, team work, and cardiovascular fitness for continuous training. Pacing exercises, taking bearings, score competition, deciding control points Basketball –hand-eye co-ordination i.e. passing, shooting, defending 1V1 fake, effective communication skills both in practices and games. run up.</p> <p><b>Netball</b> Hand-eye co-ordination i.e. passing, shooting, defending 1V1 Fake, effective communication skills both in practices and games. All students will understand the rules and regulations of netball. Students will be able to devise effective tactics and strategies, making</p>	<p>conditioning. Cardiovascular fitness, muscular endurance, orientate the map, how to observe surrounding and markings, team work, and cardiovascular fitness for continuous training. Pacing exercises, taking bearings, score competition, deciding control points Basketball –hand-eye co-ordination i.e. passing, shooting, defending 1V1 fake, effective communication skills both in practices and games. run up.</p> <p><b>Netball</b> Hand-eye co-ordination i.e. passing, shooting, defending 1V1 Fake, effective communication skills both in practices and games. All students will understand the rules and regulations of netball. Students will be able to devise effective tactics and strategies, making appropriate decisions in game related situations in order to beat their opponents. Zonal/man</p>	<p>controlling the ball, dribbling, shooting and turning with the ball, they will experience difficult decision-making opportunities, strategic scenarios and problems solving activities that will need teamwork, leadership and football skills to overcome. Off-Side trap, Crossing the ball, approach Play, indirect set play, development, volleys, half volleys</p> <p><b>BTEC Sport</b></p> <p>Techniques, strategies and fitness required for different sports Learners will be able to demonstrate a range of skills and strategies for a selected sport, in both isolated practices and competitive situations.</p> <ul style="list-style-type: none"> <li>• Skills, e.g. passing, scoring, travelling, intercepting.</li> <li>• Strategies, e.g. tactics and decision making.</li> <li>• Isolated practice – practices that focus on one skill at a time.</li> <li>• Competitive situation – the number of players, area of play and presence of an</li> </ul>	<p>play a basic game of Badminton successfully. Variety of Serves (Short/Long/Forehand/b ackhand), smash, Forehand/Backhand clear, lob, drop shot <b>Softball-</b> hand and eye co-ordination, throwing and catch, bowling technique, batting techniques. participate in a variety of striking and fielding activities. Students will identify and apply tactical solutions to help them participate effectively during a variety of striking and fielding activities Backhand shot, different bowling strategies – donkey drop, catching and returning high shots. <b>OAA-</b> Physical conditioning –focus on the fundamentals of movement and body conditioning. Cardiovascular fitness, muscular endurance, orientate the map, how to observe surrounding and markings, team work, and cardiovascular fitness for continuous training. Pacing exercises, taking bearings, score</p>	<p>run, jump, develop core strength &amp; components of fitness. They will be able to plan and deliver fitness activities to a group of students/the full class. Learners will see an improvement in their own physical fitness ability as this cycle of work develops Experiencing sessions for; Weight Training, Circuit Training, Continuous training, Fartlek training, Interval training, Borg Scale, RPE, Reps and Sets in resistance training</p> <p><b>Softball-</b> Students will apply relationship and social skills as they demonstrate the ability to send and receive objects of a variety of shapes and sizes, at different levels and speeds, using different body parts. They will demonstrate behaviours and apply procedures that maximize their safety, and that of others, as they actively participate in a variety of striking and fielding activities. Students will identify and apply tactical solutions to help them participate effectively</p>	<p>landing and pacing and rules in track events. All learners will understand the rules and regulations of all track and field events and be able to coach and support one another. Learners will take an active role within lessons to be independent learners to help improve further. Moving Javelin Throw, Fosbury flop, breakdown of skill development, Hitch kick in horizontal jumps and developing pace on run up.</p>
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<p>appropriate decisions in game related situations in order to beat their opponents. Zonal/man to man marking, blocking.</p> <p><b>Fitness</b></p> <p>They will work on cardio vascular exercise, strength and agility testing be able to run, jump, develop core strength &amp; components of fitness. They will be able to plan and deliver fitness activities to a group of students/the full class. Learners will see an improvement in their own physical fitness ability as this cycle of work develops Experiencing sessions for; Weight Training, Circuit Training, Continuous training, Fartlek training, Interval training, Borg Scale, RPE, Reps and</p>	<p>to man marking, blocking.</p> <p><b>Fitness</b> They will work on cardio vascular exercise, strength and agility testing be able to run, jump, develop core strength &amp; components of fitness. They will be able to plan and deliver fitness activities to a group of students/the full class. Learners will see an improvement in their own physical fitness ability as this cycle of work develops Experiencing sessions for; Weight Training, Circuit Training, Continuous training, Fartlek training, Interval training, Borg Scale, RPE, Reps and Sets in resistance training</p>	<p>official to represent competition standard of play.</p> <p><b>BTEC Dance</b> Performance skills needed by performers, including: o physical skills relevant to the performance discipline, e.g. actions, alignment, accuracy, balance, body language, coordination, contraction, characterisation, communication, dynamic range, energy, expression, extension, facial expression, flexibility, focus and control, gesture, mannerism, movement memory, pace, posture, phrasing, projection, rhythm, relaxation, reaction/interaction with others, stamina, spatial awareness, suspension, swing, trust, use of weight</p>	<p>competition, deciding control points</p> <p>BTEC Sport</p> <p>Techniques, strategies and fitness required for different sports Learners will be able to demonstrate a range of skills and strategies for a selected sport, in both isolated practices and competitive situations.</p> <ul style="list-style-type: none"> <li>• Skills, e.g. passing, scoring, travelling, intercepting.</li> <li>• Strategies, e.g. tactics and decision making.</li> <li>• Isolated practice – practices that focus on one skill at a time.</li> <li>• Competitive situation – the number of players, area of play and presence of an official to represent competition standard of play.</li> </ul> <p>BTEC Dance Performance skills needed by performers, including: o physical skills relevant to the performance discipline, e.g. actions, alignment, accuracy, balance, body language,</p>	<p>during a variety of striking and fielding activities Backhand shot, different bowling strategies – donkey drop, catching and returning high shots.</p> <p><b>Netball</b> Hand-eye co-ordination i.e. passing, shooting, defending 1V1 Fake, effective communication skills both in practices and games. All students will understand the rules and regulations of netball. Students will be able to devise effective tactics and strategies, making appropriate decisions in game related situations in order to beat their opponents. Zonal/man to man marking, blocking.</p>	
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	Sets in resistance training			coordination, contraction, characterisation, communication, dynamic range, energy, expression, extension, facial expression, flexibility, focus and control, gesture, mannerism, movement memory, pace,		
<b>Assessments</b>	The practical classwork of learners will be regularly assessed to check the level of understanding and use of practical skills. Time is planned into lessons to allow students to regularly reflect on previous work and make improvements. Assessment points will be held at the end of each 10-lesson block before the rotation of activities.	The practical classwork of learners will be regularly assessed to check the level of understanding and use of practical skills. Time is planned into lessons to allow students to regularly reflect on previous work and make improvements. Assessment points will be held at the end of each 10-lesson block before the rotation of activities.	The practical classwork of learners will be regularly assessed to check the level of understanding and use of practical skills. Time is planned into lessons to allow students to regularly reflect on previous work and make improvements. Assessment points will be held at the end of each 10-lesson block before the rotation of activities.	The practical classwork of learners will be regularly assessed to check the level of understanding and use of practical skills. Time is planned into lessons to allow students to regularly reflect on previous work and make improvements. Assessment points will be held at the end of each 10-lesson block before the rotation of activities.	The practical classwork of learners will be regularly assessed to check the level of understanding and use of practical skills. Time is planned into lessons to allow students to regularly reflect on previous work and make improvements. Assessment points will be held at the end of each 10-lesson block before the rotation of activities.	The practical classwork of learners will be regularly assessed to check the level of understanding and use of practical skills. Time is planned into lessons to allow students to regularly reflect on previous work and make improvements. Assessment points will be held at the end of each 10-lesson block before the rotation of activities.
<b>Curiosity</b>	British Softball Association <a href="https://www.britishsoftball.org/">https://www.britishsoftball.org/</a>  <a href="https://www.britishorienteering.org.uk/">https://www.britishorienteering.org.uk/</a>	Badminton: <a href="https://www.badmintonengland.co.uk/">https://www.badmintonengland.co.uk/</a>  The Football Association: <a href="https://www.thefa.com/about-football-association">https://www.thefa.com/about-football-association</a>	Energie Fitness <a href="https://www.energiefitness.com/hyde">https://www.energiefitness.com/hyde</a>  Badminton: <a href="https://www.badmintonengland.co.uk/">https://www.badmintonengland.co.uk/</a>  The Football Association:	Energie Fitness <a href="https://www.energiefitness.com/hyde">https://www.energiefitness.com/hyde</a>  Badminton: <a href="https://www.badmintonengland.co.uk/">https://www.badmintonengland.co.uk/</a>  The Football Association:	Energie Fitness <a href="https://www.energiefitness.com/hyde">https://www.energiefitness.com/hyde</a>  British Softball Association <a href="https://www.britishsoftball.org/">https://www.britishsoftball.org/</a>  Badminton:	British Athletics: <a href="https://www.britishathletics.org.uk/about-us/">https://www.britishathletics.org.uk/about-us/</a>  England Athletics: <a href="https://www.englandathletics.org/athletics-and-running/athletics-disciplines/road-running/">https://www.englandathletics.org/athletics-and-running/athletics-disciplines/road-running/</a>  British Softball Association

	<p>Wednesday after school sports enrichment clubs</p>	<p>Wednesday after school sports enrichment clubs</p> <p>Tameside X Country</p>	<p><a href="https://www.thefa.com/about-football-association">https://www.thefa.com/about-football-association</a></p> <p>Wednesday after school sports enrichment clubs</p> <p>Wednesday KS3 Dance Club</p>	<p><a href="https://www.thefa.com/about-football-association">https://www.thefa.com/about-football-association</a></p> <p>Wednesday after school sports enrichment clubs</p> <p>Whole School Dance Production</p>	<p><a href="https://www.badmintonengland.co.uk/">https://www.badmintonengland.co.uk/</a></p> <p>Wednesday after school sports enrichment clubs</p>	<p><a href="https://www.britishsoftball.org/">https://www.britishsoftball.org/</a></p> <p>Wednesday after school sports enrichment clubs</p> <p>Tameside Athletics</p> <p>School Sports Day</p> <p>Whole School Production</p>
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