

Year 9 (Advanced) Curriculum Overview Plan: PE

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Key Theme: Badminton, Rugby Football, Netball</p> <p>Key Concepts, Knowledge & Skills to be Embedded: Developing advanced techniques and skills with students applying their skills into advanced situations and demonstrating further tactics Badminton – Serving to outwit, smash and jump smash shot, disguise in shots and shot selection, doubles tactics Rugby League – tactical play slowing down the ball in defence, rear and gang tackling, cut out</p>	<p>Key Theme: Badminton, Table Tennis, Trampolining, Football,</p> <p>Key Concepts, Knowledge & Skills to be Embedded: Developing advanced techniques and skills with students applying their skills into advanced situations and demonstrating further tactics Badminton – Serving to outwit, smash and jump smash shot, disguise in shots and shot selection, doubles tactics Table Tennis – disguise on serve, application of spin to selected shots,</p>	<p>Key Theme: Health and Fitness, Basketball, Orienteering</p> <p>Key Concepts, Knowledge & Skills to be Embedded: Developing advanced techniques and skills with students applying their skills into advanced situations and demonstrating further tactics Basketball – dummy and fake shot, lay up with non-dominant hand, hook shot, dribbling alternate hands, rebound shot, refereeing signals, Fitness Testing – Preventing injury, training zones, sports</p>	<p>Key Theme: Rugby Union, Handball, Rugby, Orienteering,</p> <p>Key Concepts, Knowledge & Skills to be Embedded: Developing advanced techniques and skills with students applying their skills into advanced situations and demonstrating further tactics Rugby Union – development of continuation of play, recycling the ball, chip kicking, protecting the ball/player Orienteering – fitness in relation to pacing,</p>	<p>Key Theme: Athletics, Rounders, Baseball, Cricket</p> <p>Key Concepts, Knowledge & Skills to be Embedded: Developing advanced techniques and skills with students applying their skills into advanced situations and demonstrating further tactics and improving performance in athletics activities Athletics – Develop progressive techniques in throwing events, shot putt, javelin, discus, jumping events, long jump, triple jump, high</p>	<p>Key Theme: Athletics, Rounders, Baseball, Cricket</p> <p>Key Concepts, Knowledge & Skills to be Embedded: Developing advanced techniques and skills with students applying their skills into advanced situations and demonstrating further tactics and improving performance in athletics activities Athletics – Develop progressive techniques in throwing events, shot putt, javelin, discus, jumping events, long jump, triple jump, high</p>

<p>passing, catching the ball under pressure, grubber kick, kick and chase Football – demonstrating overload tactics in attack and defence, advanced shooting techniques, maintaining possession, width and wing play Netball – types of passing, positions, court markings and areas, shooting, outwitting opponents, footwork</p> <p>Components of Fitness Q-Name and define 10 COF? Q-Explain importance of COF in sport?</p> <p>Links to Prior Learning: Linking to performance in each</p>	<p>footwork around table, disguise on shots, doubles play Trampolining – advanced skills of a variety of front, seat and back drops, advanced routines of skills, front and back flips Football – demonstrating overload tactics in attack and defence, advanced shooting techniques, maintaining possession, width and wing play</p> <p>Officials in Sport Q-Name different types of officials? Q-Identify the roles of officials? Q-Identify the responsibilities of official</p> <p>Links to Prior Learning:</p>	<p>specific training, methods of training – continuous, circuit, fartlek, weight, interval, plyometrics Orienteering – fitness in relation to pacing, speed orienteering, teamwork,</p> <p>Target Zones, Borg, FITT Q-What is Maximum HR? Q-What are target zones – aerobic & anaerobic? Q-What is the Borg Scale? Q-Explain F.I.T.T</p> <p>Links to Prior Learning: Linking to performance in each sport/activity from Y8 Intermediate and core skills transferred from other activities, links to performance out of school clubs</p>	<p>speed orienteering, teamwork, Handball – understanding the rules, shooting, movement with/without the ball, passing and receiving, jump shot</p> <p>Short & Long Term Effects Q-What is a short & long term effect of exercise? Q-Identify 3 short term effects on the muscles? Q- Identify 3 long term effects cardiorespiratory</p> <p>Links to Prior Learning: Linking to performance in each sport/activity from Y8 Intermediate and core skills transferred from other activities,</p>	<p>jump, efficient techniques and improved times for age group for sprints, 100m, 200m, 400m, long distance, 800m, 1500m. Rounders/Cricket/Basball – accurate bowling techniques applying spin where appropriate, directing batting to specific areas including backhand where appropriate, accurate catching and throwing with increased pace, effective fielding positions, effective running between bases, application of tactics</p> <p>Injuries in Sport Q-Identify small injuries i.e. bruises, cuts, Q-Identify soft tissue injuries?</p>	<p>jump, efficient techniques and improved times for age group for sprints, 100m, 200m, 400m, long distance, 800m, 1500m. Rounders/Cricket/Basball – accurate bowling techniques applying spin where appropriate, directing batting to specific areas including backhand where appropriate, accurate catching and throwing with increased pace, effective fielding positions, effective running between bases, application of tactics</p> <p>Qualities of a Leader Q- List 6 qualities of a leader? Q-Explain how these qualities make a successful leader?</p>
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<p>sport/activity from Y8 Intermediate and core skills transferred from other activities, links to performance out of school clubs</p> <p>Key Assessment Pieces: Practical Assessment using KS3 assessment booklet, Bronze, Silver, Gold,</p> <p>Tier 3 Vocabulary Vault: Performance, outwit, possession, service, travelling, respect, bravery, agility, pulse-raiser, stretch, strength, interception, tackling, footwork, overload</p> <p>Reading Exposure: Literacy & Numeracy: Key words, oracy and performance</p>	<p>Linking to performance in each sport/activity from Y8 Intermediate and core skills transferred from other activities, links to performance out of school clubs</p> <p>Key Assessment Pieces: Practical Assessment using KS3 assessment booklet, Bronze, Silver, Gold,</p> <p>Tier 3 Vocabulary Vault: Performance, outwit, possession, rally, service, travelling, respect, bravery, agility, pulse-raiser, stretch, strength, forehand, backhand, overhead, drop shot, interception, tackling, routine,</p> <p>Reading Exposure:</p>	<p>Key Assessment Pieces: Practical Assessment using KS3 assessment booklet, Bronze, Silver, Gold,</p> <p>Tier 3 Vocabulary Vault: Performance, outwit, possession, rally, service, travelling, respect, bravery, agility, pulse-raiser, stretch, strength, pike, straddle, tuck, somersault, endurance, set shot, lay up, routine, aerobic, anaerobic, Borg Scale</p> <p>Reading Exposure: Literacy & Numeracy: Key words, oracy and performance feedback. Incorporating numbers into specific activities.</p>	<p>links to performance out of school clubs</p> <p>Key Assessment Pieces: Practical Assessment using KS3 assessment booklet, Bronze, Silver, Gold,</p> <p>Tier 3 Vocabulary Vault: Performance, outwit, possession, rally, service, travelling, respect, bravery, agility, pulse-raiser, stretch, strength, endurance, orientation, orienteering,</p> <p>Reading Exposure: Literacy & Numeracy: Key words, oracy and performance feedback. Incorporating numbers into specific activities.</p>	<p>Q-Give examples of sport specific injuries?</p> <p>Links to Prior Learning: Linking to performance in each sport/activity from Y8 Intermediate and core skills transferred from other activities, links to performance out of school clubs</p> <p>Key Assessment Pieces: Practical Assessment using KS3 assessment booklet, Bronze, Silver, Gold,</p> <p>Tier 3 Vocabulary Vault: Positional, fielding, bowling, batting, base-running, strike, rounder, wickets, Over, pitcher,</p> <p>Reading Exposure:</p>	<p>Q-Give examples of positive and negative leaders in sport?</p> <p>Links to Prior Learning: Linking to performance in each sport/activity from Y8 Intermediate and core skills transferred from other activities, links to performance out of school clubs</p> <p>Key Assessment Pieces: Practical Assessment using KS3 assessment booklet, Bronze, Silver, Gold,</p> <p>Tier 3 Vocabulary Vault: Positional, fielding, bowling, batting, base-running, strike, rounder, wickets, Over, pitcher,</p> <p>Reading Exposure:</p>
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<p>feedback. Incorporating numbers into specific activities.</p> <p>Strategies to enable new concepts, knowledge & skills to embed in long-term memory: Repeated practice in performance through activities, drills and modified games, Do It Now tasks to recap and recall, deeper understanding through questioning</p>	<p>Literacy & Numeracy: Key words, oracy and performance feedback. Incorporating numbers into specific activities.</p> <p>Strategies to enable new concepts, knowledge & skills to embed in long-term memory: Repeated practice in performance through activities, drills and modified games, Do It Now tasks to recap and recall, deeper understanding through questioning</p>	<p>Strategies to enable new concepts, knowledge & skills to embed in long-term memory: Repeated practice in performance through activities, drills and modified games, Do It Now tasks to recap and recall, deeper understanding through questioning</p>	<p>Strategies to enable new concepts, knowledge & skills to embed in long-term memory: Repeated practice in performance through activities, drills and modified games, Do It Now tasks to recap and recall, deeper understanding through questioning</p>	<p>Literacy & Numeracy: Key words, oracy and performance feedback. Incorporating numbers into specific activities.</p> <p>Strategies to enable new concepts, knowledge & skills to embed in long-term memory: Repeated practice in performance through activities, drills and modified games, Do It Now tasks to recap and recall, deeper understanding through questioning</p>	<p>Literacy & Numeracy: Key words, oracy and performance feedback. Incorporating numbers into specific activities.</p> <p>Strategies to enable new concepts, knowledge & skills to embed in long-term memory: Repeated practice in performance through activities, drills and modified games, Do It Now tasks to recap and recall, deeper understanding through questioning</p>
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