

## Year 9 (Advanced) Curriculum Overview Plan: PE

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



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

## Components of Fitness

Q-Name and define 10 COF? Q-Explain importance of COF in sport?

#### Links to Prior Learning: Linking to

performance in each

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

### Officials in Sport

Q-Name different types of officials? Q-Identify the roles of officials? Q-Identify the responsibilities of official

## Links to Prior Learning:

specific training, methods of training – continuous, circuit, fartlek, weight, interval, plyometrics Orienteering – fitness in relation to pacing, speed orienteering, teamwork,

## 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

## 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 speed orienteering, teamwork, Handball – understanding the rules, shooting, movement with/without the ball, passing and receiving, jump shot

#### 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

#### Links to Prior Learning:

Linking to performance in each sport/activity from Y8 Intermediate and core skills transferred from other activities,

jump, efficient techniques and improved times for age group for sprints, 100m, 200m, 400m, long distance, 800m, 1500m. Rounders/Cricket/Ba seball – 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

# Injuries in Sport Q-Identify small injuries i.e. bruises, cuts, Q-Identify soft tissue injuries?

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#### Qualities of a Leader

Q- List 6 qualities of a leader? Q-Explain how these qualities make a successful leader?



sport/activity from	Linking to		links to performance	Q-Give examples of	Q-Give examples of
Y8 Intermediate and	performance in each	Key Assessment	out of school clubs	sport specific	positive and negative
core skills transferred	sport/activity from	Pieces:		injuries?	leaders in sport?
from other activities,	Y8 Intermediate and	Practical Assessment	Key Assessment		
links to performance	core skills transferred	using KS3 assessment	Pieces:	Links to Prior	Links to Prior
out of school clubs	from other activities,	booklet, Bronze,	Practical Assessment	Learning:	Learning:
	links to performance	Silver, Gold,	using KS3 assessment	Linking to	Linking to
	out of school clubs		booklet, Bronze,	performance in each	performance in each
Key Assessment		Tier 3 Vocabulary	Silver, Gold,	sport/activity from	sport/activity from
Pieces:		Vault:		Y8 Intermediate and	Y8 Intermediate and
Practical Assessment	Key Assessment	Performance, outwit,	Tier 3 Vocabulary	core skills transferred	core skills transferred
using KS3 assessment	Pieces:	possession, rally,	Vault:	from other activities,	from other activities,
booklet, Bronze,	Practical Assessment	service, travelling,	Performance, outwit,	links to performance	links to performance
Silver, Gold,	using KS3 assessment	respect, bravery,	possession, rally,	out of school clubs	out of school clubs
	booklet, Bronze,	agility, pulse-raiser,	service, travelling,		
Tier 3 Vocabulary	Silver, Gold,	stretch, strength,	respect, bravery,	Key Assessment	Key Assessment
Vault:		pike, straddle, tuck,	agility, pulse-raiser,	Pieces:	Pieces:
Performance, outwit,	Tier 3 Vocabulary	somersault,	stretch, strength,	Practical Assessment	Practical Assessment
possession, service,	Vault:	endurance, set shot,	endurance,	using KS3 assessment	using KS3 assessment
travelling, respect,	Performance, outwit,	lay up, routine,	orientation,	booklet, Bronze,	booklet, Bronze,
bravery, agility,	possession, rally,	aerobic, anaerobic,	orienteering,	Silver, Gold,	Silver, Gold,
pulse-raiser, stretch,	service, travelling,	Borg Scale			
strength,	respect, bravery,		Reading Exposure:	Tier 3 Vocabulary	Tier 3 Vocabulary
interception,	agility, pulse-raiser,	Reading Exposure:	Literacy & Numeracy:	Vault:	Vault:
tackling, footwork,	stretch, strength,	Literacy & Numeracy:	Key words, oracy and	Positional, fielding,	Positional, fielding,
overload	forehand, backhand,	Key words, oracy and	performance	bowling, batting,	bowling, batting,
	overhead, drop shot,	performance	feedback.	base-running, strike,	base-running, strike,
Reading Exposure:	interception,	feedback.	Incorporating	rounder, wickets,	rounder, wickets,
Literacy & Numeracy:	tackling, routine,	Incorporating	numbers into specific	Over, pitcher,	Over, pitcher,
Key words, oracy and		numbers into specific	activities.		
performance	Reading Exposure:	activities.		Reading Exposure:	Reading Exposure:



feedback.
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Strategies to enable

new concepts, knowledge & skills to embed in longterm memory: Repeated practice in performance through activities, drills and modified games, Do It Now tasks to recap and recall, deeper

understanding

through questioning

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