

# Physical Education

Year 9

## Curriculum Overview

### Intent:

By the end of year 8, students will practically develop and perform broader range of skills and techniques within their sports. They will know why these skills and techniques are used and in which situations. Students will start to show and have a deeper understanding of rules and start to apply tactics in games situations. Furthermore, students will show a greater knowledge and understanding of why the respective rules and regulations are in place. Students will be able to lead skills sessions to a small group and explain the purpose behind them.



THE HART  
SCHOOL  
Creative  
Education  
Trust

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
	<b>Assessment 1</b>			<b>Assessment 2</b>		
<b>Core Course Topic:</b> These topics are taught through the identified terms. They are taught in small bitesize chunks and revisited regularly.	<b>The sporting activities below are on a rotation and so students will cover each topic during a block of time between Autumn 1 and the end of spring 2.</b> <ul style="list-style-type: none"> <li>Rugby/football</li> <li>Netball</li> <li>Gymnastics</li> <li>HRF</li> <li>Tennis</li> </ul>			<b>During this time our students will cover the following activities</b> <ul style="list-style-type: none"> <li>Cricket</li> <li>Rounders</li> <li>Athletics</li> </ul>		
<b>Additional support links:</b> Here are links to additional resources which will help your child	<a href="http://www.thefa.com">www.thefa.com</a> <a href="http://www.englandrugby.com">www.englandrugby.com</a>	<a href="http://www.british-gymnastics.org.uk">www.british-gymnastics.org.uk</a> <a href="http://www.ita.org.uk">www.ita.org.uk</a>	<a href="https://www.bbc.co.uk/sport/get-inspired">https://www.bbc.co.uk/sport/get-inspired</a> <a href="https://www.bbc.co.uk/bitesize/topics/zpq7j6f">https://www.bbc.co.uk/bitesize/topics/zpq7j6f</a>	<a href="http://www.ecb.co.uk">www.ecb.co.uk</a> <a href="http://www.roundersengland.co.uk">www.roundersengland.co.uk</a>	<a href="http://www.thebritishathletics.org.uk">www.thebritishathletics.org.uk</a> <a href="https://www.bbc.co.uk/bitesize/topics/zpq7j6f">https://www.bbc.co.uk/bitesize/topics/zpq7j6f</a>	
<b>Knowledge:</b> Included here is the specific knowledge your child will learn in detail	For all the sports listed above students will: <ul style="list-style-type: none"> <li>Focus will be on the continued development of key personal qualities of commitment, resilience, determination, problem solving, fairness and enthusiasm and an appreciation of honest competition and good sportsmanship.</li> <li>A more developed, coherent grasp of the rules, regulations and scoring systems in the core course topics studied.</li> <li>A developed knowledge of the major muscle groups and bones in the body that specifically relate to the core course topics being studied (using correct terminology – gastrocnemius not calf), how to prevent injuries and which major muscle groups/bones are used in specific movements for each sport/activity.</li> <li>An embedded knowledge of the key techniques and tactics used in the core course topics being studied and applied in decision making in either a coaching/leadership role or as a performer.</li> <li>Continue to develop a deeper knowledge and understanding of the physical and skill-related components of fitness giving examples of how these are used in a number of sports/activities and which sports/activities they are commonly needed for a performer to be successful e.g. a weightlifter would need high levels of muscular strength.</li> </ul>					
<b>Skills:</b> Included here is the specific skills your child will learn in detail	<b>Rugby/Football/Netball</b> Students will recognise and demonstrate techniques (accuracy and consistency), rules and regulations (as set out by the respective NGB) of all activities, Whilst developing their performance of the basic skills of passing, shooting, footwork, turning, dribbling and ball control.			<b>Cricket &amp; Rounders</b> Students will be able to demonstrate with (accuracy and consistency), rules and regulations (as set out by the respective NGB) of all activities. They will develop performance of the basic skills of fielding, throwing, catching, batting and bowling.		
	<b>Gymnastics</b> Students will be able to develop sequences based on travel using different parts of the body, level and speed working both independently and in groups.			<b>Athletics</b> Students will be able to demonstrate the basic techniques with (accuracy and consistency) and carry out the correct rules and regulations (as set out by the respective NGB) of all athletics events. Students will be able to develop their performance of the basic techniques in sprinting, long-distance running, throwing and jumping events.		
	<b>Health Related Fitness</b> Students will be able to demonstrate the 3 parts of a warm up.					
	<b>Tennis</b> Students will be able to develop performance of the basic skills of serving, forehand and backhand					
<b>Common Lexicon:</b> These are the key words and terms learnt. These can be found on knowledge organisers.	<b>Rugby</b> Lateral pass, switch pass, miss pass; Side/front/rear tackle (cheek-to-cheek, ring of steel); Punt kick, place kick, grubber kick; Scrum, maul, ruck, forward pass, knock-on, offside, body position, attacking line, defensive line.			<b>Cricket</b> Batting (forward defence, forward drive, square cut, pull shot, sweep shot), Bowling (over-arm technique, pace, spin, grip and seam position), Fielding (catching technique – fingers point up or down depending on height of the ball), long barrier, two-handed pick-up, Umpire signals.		
	<b>Football</b> Passing (instep, laces), heading, shooting, tackling (slide and block), dribbling (Cruyff turn, step-overs, drag-backs), free-kick, penalty, yellow and red cards.			<b>Rounders</b> Batting (hand-eye coordination, shot placement), Fielding (positions – bases and back-stop, catching technique), Bowling (under-arm, between batters' knee and head).		
	<b>Netball</b> Passing (chest, bounce, shoulder), footwork (pivot, jump-step), Positions on the court.			<b>Athletics</b> Events – Track (100m, 200m, 800m, 1500m), Field (shot-put, javelin, long jump, discus), personal best, pacing, drive-phase.		
	<b>Health related Fitness</b> Components of fitness (speed, aerobic endurance, muscular endurance, muscular strength, flexibility, power), Fitness tests (cooper run, 35m sprint, Illinois agility test, grip dynamometer, sit and reach) Max heart rate.					
	<b>Gymnastics</b> Travelling, balances (single and partner), sequences, routines, body posture and tension, handstand, cartwheel, aesthetics.					
	<b>Tennis</b> Serve (ace, kick, slice), forehand, backhand, volley, smash, lob, drop shot, double-fault, ball toss, return, top spin, court markings.					