

Year 9 Physical Education - Curriculum Overview

AUTUMN TERM	
Teaching Games for Understanding	<p>Pupils will learn the fundamental concepts of all games sports through a range of activities using a range of equipment. The focus will be on:</p> <ul style="list-style-type: none"> • Support and possession, sending objects, travelling, attacking with width, counterattack, defending space, pressing.
Gameplay	<p>Pupils will learn how to apply above fundamental concepts in line with the technical and tactical knowledge necessary to overcome opponents in a variety of invasion games e.g. handball, hockey, football, netball, tag rugby.</p> <p><i>Year 9: Consistently apply foundational leadership roles in warming up, setting formations and tactical set ups in addition to more advanced skills and techniques.</i></p>
Net/Wall Games 1	<p>Pupils will look to build on the foundations learned in Year 7 & 8 for the following key aspects:</p> <ul style="list-style-type: none"> • Footwork, positioning, hand-eye coordination, shot selection and execution, awareness of personal and opponent's strengths and weaknesses.
SPRING TERM 1	
Options led-groups	<p>4 Pathways – GCSE PE, CamNat Sports Studies, TGfU/Gameplay Health & Wellbeing (all lessons still practical)</p> <ul style="list-style-type: none"> • GCSE PE – Performance and Analysis with links to the GCSE PE Specification such as methods of training, components of fitness, analysing strengths and weaknesses, effects of exercise etc. • Cambridge Nationals Sports Studies – focus on performance and leadership skills in line with Unit R185 on the specification e.g. different roles of a leader, leadership styles, officiating, analysing performances etc. • Alternative/Adapted Games – continuation from previous term with focus on an alternative or emerging sport e.g. Ultimate Frisbee • Health & Wellbeing – focus on furthering physical, emotional and social well-being through sport and exercise e.g. Zumba, Pilates, aerobics etc.

SPRING TERM 2**OAA/Team Building**

Pupils will be given the opportunity to participate in activities that will aid in the progress of:

- Navigational skills, problem solving, verbal and non-verbal communication, team work, aspects of a good team, roles within a team.

Body in Motion (Gymnastics)

Pupils will be learn how to complete advanced movements in a safe and aesthetically-pleasing manner using the following concepts:

- Body awareness, development of floor work, individual balances, intro to flight, partner balances, large group balances, vaulting and further use of apparatus

SUMMER TERM**Athletics (Performance)**

Pupils will learn the technical requirements to complete a variety of athletics events to the best of their physical capabilities with links to GCSE PE assessment criteria. This will focus on:

- Techniques (running, jumping, throwing), maximising performance, fitness requirements for each event, pacing, tactical understanding, running economy etc.

Striking and Fielding (TGfU)

Pupils will learn how to navigate the rules of a variety of striking and fielding games with the use of a striking implement and a ball. Lessons will include the following:

- Techniques (throwing, catching, striking, running), spatial awareness, understanding of opponent's position, anticipation, hand-eye coordination, communication, tactical understanding, identifying opponent's strengths and weaknesses.