

**Year 9 Curriculum Overview [2021 - 2022]**  
**Physical Education**

Autumn Term	Knowledge & Understanding			Literacy Skills  Opportunities for developing literacy skills	Employability Skills [if any]	Assessment Opportunities
	Composites	Components  [includes understanding of KEY concepts & subject specific vocab]	Formal Retrieval [if any]			
<b>HT1</b>	Games: Adapted and / or fully recognised INVASION GAME play (Netball, Lacrosse Handball, Basketball, Football or Rugby)	<ol style="list-style-type: none"> <li>1. Passing and Receiving</li> <li>2. Shooting to a target</li> <li>3. Positional play and tactics</li> <li>4. Attacking and Defending</li> <li>5. Rule application as official</li> </ol>	<p>Competitive game play with rule application and adherence</p> <p>Independent exercise preparation</p>	<p>Key Words;</p> <ul style="list-style-type: none"> <li>✓ Send and Receive</li> <li>✓ Attack and Defence</li> <li>✓ Counterattack</li> <li>✓ Competitive</li> <li>✓ Application</li> </ul>	Teamwork – appreciation of others strengths and areas to improve	Individual physical skills performed during full competitive game play
	Gymnastics: Develop a floor and apparatus routines	<ol style="list-style-type: none"> <li>1. Gymnastic themes</li> <li>2. Safe equipment set up</li> <li>3. Travel on and off equipment</li> <li>4. Performance techniques – posture / start and end positions</li> </ol>	<p>Health and Safety awareness of equipment use and misuse</p> <p>Key word retrieval - verbally</p>	<p>Key Words:</p> <ul style="list-style-type: none"> <li>✓ Apparatus</li> <li>✓ Floor</li> <li>✓ Balance</li> <li>✓ Agility</li> <li>✓ Coordination</li> <li>✓ Posture</li> </ul>		<p>Create and perform a combination floor and apparatus routine</p> <p>Review own and others performance</p>
	NET/WALL game play: Table tennis, badminton, volleyball	<ol style="list-style-type: none"> <li>1. Initiate play through service</li> <li>2. Win points through shot selection</li> <li>3. Manipulate an opponent to win</li> <li>4. Officiate</li> </ol>		<p>Key Words;</p> <ul style="list-style-type: none"> <li>✓ Officiate</li> <li>✓ Rally</li> <li>✓ Manipulate</li> <li>✓ Positional</li> <li>✓ Reactive</li> </ul>		Individual physical skills performed during full competitive game play

<b>HT2</b>	Games: Adapted and / or fully recognised INVASION GAME play (Netball Handball, Basketball, Football or Rugby)	<ol style="list-style-type: none"> <li>1. Passing and Receiving</li> <li>2. Shooting to a target</li> <li>3. Positional play and tactics</li> <li>4. Attacking and Defending</li> <li>5. Rule application as official</li> </ol>	Competitive game play with rule application and adherence  Independent exercise preparation	<b>Key Words;</b> <ul style="list-style-type: none"> <li>✓ Send and Receive</li> <li>✓ Attack and Defence</li> <li>✓ Counterattack</li> <li>✓ Competitive</li> <li>✓ Application</li> </ul>	Problem solving	Individual physical skills performed during full competitive game play
	OAA: Complete full competitive Orienteering courses	<ol style="list-style-type: none"> <li>1. Efficient course completion</li> <li>2. Time bound courses</li> <li>3. Route planning and identification</li> </ol>	Health and Safety awareness of equipment use and misuse  Key word retrieval - verbally	<b>Key Words:</b> <ul style="list-style-type: none"> <li>✓ Route</li> <li>✓ Terrain</li> <li>✓ Endurance / Stamina</li> <li>✓ Retrieve</li> </ul>		Completion of full onsite courses  Retrieve and record controls accurately under pressure of competition
	HRE: Apply F.I.T.T principles to individual circuit	<ol style="list-style-type: none"> <li>1. Circuit completion</li> <li>2. Circuit adaptations</li> </ol>		<b>Key Words:</b> <ul style="list-style-type: none"> <li>✓ Frequency</li> <li>✓ Intensity</li> <li>✓ Time</li> <li>✓ Type</li> <li>✓ Adaptation</li> <li>✓ Progressive overload</li> </ul>		Adapt and complete personal fitness circuit

## Year 9 Curriculum Overview [2021 - 2022]

### Physical Education

Spring Term	Knowledge & Understanding			Literacy Skills  Opportunities for developing literacy skills	Employability Skills [if any]	Assessment Opportunities
	Composites	Components  [includes understanding of KEY concepts & subject specific vocab]	Formal Retrieval [if any]			
<b>HT3</b>	NET/WALL game play: Table tennis, badminton, volleyball	<ol style="list-style-type: none"> <li>1. Initiate play through service</li> <li>2. Win points through shot selection</li> <li>3. Manipulate an opponent to win</li> <li>4. Officiate</li> </ol>	Competitive game play with rule application and adherence  Independent exercise preparation	Key Words; ✓ Rally ✓ Manipulate ✓ Let ✓ Positional ✓ Reactive	Independence	Individual game specific skills  Play competitive and cooperative small sided games
	Games: Adapted and / or fully recognised INVASION GAME play (Netball, Lacrosse, Handball, Basketball, Football or Rugby)	<ol style="list-style-type: none"> <li>1. Passing and Receiving</li> <li>2. Shooting to a target</li> <li>3. Positional play and tactics</li> <li>4. Attacking and Defending</li> <li>5. Rule application as official</li> </ol>	Health and Safety awareness of equipment use and misuse  Key word retrieval - verbally	✓ Send and Receive ✓ Attack and Defence ✓ Counterattack ✓ Competitive ✓ Cooperative		
	HRE: Apply F.I.T.T principles to individual circuit	<ol style="list-style-type: none"> <li>1. Circuit completions</li> <li>2. Circuit adaptations</li> </ol>		Key Words: ✓ Frequency ✓ Intensity ✓ Time ✓ Type ✓ Adaptation ✓ Progressive overload		Adapt and complete personal fitness circuit
<b>HT4</b>	NET/WALL game play: Table tennis, badminton, volleyball	<ol style="list-style-type: none"> <li>1. Initiate play through service</li> <li>2. Win points through shot selection</li> </ol>	Competitive game play with rule application and adherence	Key Words; ✓ Rally ✓ Manipulate ✓ Let ✓ Positional	Resilience	Individual physical skills performed during full competitive game play

		<ol style="list-style-type: none"> <li>3. Manipulate an opponent to win</li> <li>4. Officiate</li> </ol>	Independent exercise preparation	<ul style="list-style-type: none"> <li>✓ Reactive</li> </ul>		
	Gymnastics: Develop a floor and apparatus routines	<ol style="list-style-type: none"> <li>1. Gymnastic themes</li> <li>2. Safe equipment set up</li> <li>3. Travel on and off equipment</li> <li>4. Performance techniques – posture / start and end positions</li> </ol>	<p>Health and Safety awareness of equipment use and misuse</p> <p>Key word retrieval - verbally</p>	<p>Key Words:</p> <ul style="list-style-type: none"> <li>✓ Apparatus</li> <li>✓ Floor</li> <li>✓ Balance</li> <li>✓ Agility</li> <li>✓ Coordination</li> <li>✓ Posture</li> </ul>		<p>Create and perform a combination floor and apparatus routine</p> <p>Review own and others performance</p>
	Games: Adapted and Conditioned INVASION GAMES (Netball Handball, Basketball, Football or Rugby)	<ol style="list-style-type: none"> <li>1. Passing and Receiving</li> <li>2. Shooting to a target</li> <li>3. Attacking and Defending</li> <li>4. Rule application</li> </ol>		<ul style="list-style-type: none"> <li>✓ Send and Receive</li> <li>✓ Attack and Defence</li> <li>✓ Counterattack</li> <li>✓ Competitive</li> <li>✓ Cooperative</li> </ul>		

**Year 9 Curriculum Overview Subject – [2021 - 2022]**  
**Physical Education**

Autumn Term	Knowledge & Understanding			Literacy Skills  Opportunities for developing literacy skills	Employability Skills [if any]	Assessment Opportunities
	Composites	Components  [includes understanding of KEY concepts & subject specific vocab]	Formal Retrieval [if any]			
<b>HT5</b>	Perform outdoor running, jumping and throwing events	<ol style="list-style-type: none"> <li>High, long and triple jump</li> <li>Short distance and relay running</li> <li>Javelin and Shot Putt</li> </ol>	<p>Competitive game play with rule application and adherence</p> <p>Independent exercise preparation</p> <p>Health and Safety awareness of equipment use and misuse</p> <p>Key word retrieval - verbally</p>	<p>Key Words:</p> <ul style="list-style-type: none"> <li>✓ Personal Best</li> <li>✓ Stamina</li> <li>✓ Strength</li> <li>✓ Speed</li> <li>✓ Agility</li> <li>✓ Balance</li> <li>✓ Coordination</li> <li>✓ Competitiveness</li> </ul>	Numeracy (Timing, measuring and recording)	Individual physical skills performed in three athletics categories
<b>HT6</b>	<p>Games:</p> <p>Competitive game play in Striking and Feilding Games (Cricket</p> <ol style="list-style-type: none"> <li>a. Rounders</li> <li>b. Longball</li> <li>c. Softball</li> <li>d. Kickball (LA)</li> </ol>	<ol style="list-style-type: none"> <li>Sending and receiving</li> <li>Striking and retrieval</li> <li>Rule application</li> <li>Officiate</li> </ol>		<p>Key words:</p> <ul style="list-style-type: none"> <li>✓ Spatial Awareness</li> <li>✓ Co-ordination</li> <li>✓ Retrieval</li> <li>✓ Agility</li> <li>✓ Biased</li> <li>✓ Pitch</li> </ul>		Individual physical skills performed during full competitive game play

Weather Conditions and the curriculum:

When weather disrupts the curriculum, alternative activities will be delivered. However, staff will make every effort to ensure the curriculum is maintained. Pupil safety and comfort will be paramount when staff make decisions re: inclement weather.

Rotations of activities:

Due to facilities and class sizes, activities will be rotated to allow both indoor and outdoor sports to be delivered alongside seasonal sports which correlate to the boroughs sporting competition calendar