

Year 9 PE - Core (2 sides max)

The Y9 programme of study is an inclusive spiral curriculum where learning takes place through a range of team and individual games as well as performance based activities on a rotation (based around facilities). All activities build on prior learning from Y7 and Y8 to challenge students to develop skills and gain new knowledge, applying them in increasingly competitive situations, whilst preparing them for transition to examination PE/Sport courses. Students have some choice to specialise in specific activities or transfer learning to new activities.

Methods of deepening and securing knowledge: (these will be amended if not all aspects are covered – there is no expectation they will be)	
Retrieval practice	Regular retrieval tasks are used at the start of lessons to support students in recalling key information such as rules and tier 3 words from previous lessons.
Spaced practice	Some retrieval tasks are spaced over time to support students in recognising links/key learning between two or more activities e.g. similar rules in team games, similarities in techniques and tactics across activities.
Dual coding	Dual coding techniques used for some activities to help students remember key shapes (e.g. jumps in gymnastics) and signals (e.g. umpiring signals in cricket).

Activity	Year 9	Assessment	Knowledge organiser	CEIAG
Autumn - Spring terms				
Football	<ul style="list-style-type: none"> - Ball control in the air - Long passing to start an attack - Heading - 2v1/2v2 attacking - Throw ins - GK skills (shot stopping & kicking from a dead ball)* 	<ul style="list-style-type: none"> - Man-to-man marking - Using width to attack - Basic positions & team formations - Rules e.g. throw ins, goal kicks - 9v9 games on bigger pitches 	<ul style="list-style-type: none"> - Perform skills & apply rules in games (teacher) - Learning journal (self) - Y9 Football Knowledge Quiz 	
Handball	<ul style="list-style-type: none"> - Catching (backwards & on the move) - Passing (feint pass stationary) - Intercepting - Creating space - 1v1 dodging with the ball - Marking on & off the ball - Shooting (jump shot) 	<ul style="list-style-type: none"> - GK skills (anticipating & narrowing the angle & passing out) - More rules e.g. footwork, contact, penalty throw - Basic positions & who they mark in a game - 5v5/6v6 games on small court 	<ul style="list-style-type: none"> - Perform skills & apply rules in games (teacher) - Learning journal (self) - Y9 Handball Knowledge Quiz 	

Hockey	<ul style="list-style-type: none"> - Receiving (reverse stick side) - Passing (hit) - 2v1/3v2 attacking (keeping possession) - Dribbling & dodging (changing direction & pace with ball) 	<ul style="list-style-type: none"> - Shooting (placement & power) - Marking & intercepting - Tackling (reverse stick) - Rules e.g. obstruction, contact - 7v7 games on bigger pitches 	<ul style="list-style-type: none"> - Perform skills & apply rules in games (teacher) - Learning journal (self) - Y9 Hockey Knowledge Quiz 		
Netball	<ul style="list-style-type: none"> - Catching & passing (one-handed) - Signalling & footwork - Creating space - Keeping possession - Making interceptions - Marking a pass 	<ul style="list-style-type: none"> - Shooting (with one hand/off one foot) - Rules e.g. offside, replayed ball - Application of skills & rules in full 7-a-side games 	<ul style="list-style-type: none"> - Perform skills & apply rules in games (teacher) - Learning journal (self) - Y8 Netball Knowledge Quiz 		
Rugby	<ul style="list-style-type: none"> - Passing (spin) - Tackling (smother, chop) - Offloads in and out of tackle - Creating overload - 3v3 'no push' scrum (not contested) 	<ul style="list-style-type: none"> - Rucking (pillars/A&B, sealing off) - Counter rucking (jackal) - Rules e.g. basic scrum rules (not contested) - Up to 12-a-side games 	<ul style="list-style-type: none"> - Perform skills & apply rules in games (teacher) - Learning journal (self) - Y9 Rugby Knowledge Quiz 		
Badminton	<ul style="list-style-type: none"> - Serving (flick) - Underarm clear (forehand) - Drive shot (forehand, backhand) - Positioning on doubles court - Side-by-side formation (defensive) 	<ul style="list-style-type: none"> - Front & back formation (attacking) - Rules e.g. doubles scoring, serving & court - Full court doubles games 	<ul style="list-style-type: none"> - Perform skills & apply rules in doubles games (teacher/peer) - Learning journal (self) - Y9 Badminton Knowledge Quiz 		
Volleyball	<ul style="list-style-type: none"> - Ball familiarisation - Volley shot (set) - Dig shot (two arm receiving from team mates) - Serving (underarm) 	<ul style="list-style-type: none"> - Use of 3 hits/tactics - Basic rules e.g. scoring, court markings, 3 touches - Application of skills & rules in small-sided games e.g. 3v3 	<ul style="list-style-type: none"> - Perform skills & apply rules in doubles games (teacher/peer) - Learning journal (self) - Y9 Volleyball Knowledge Quiz 		

Fitness	Principles of training: - Progressive overload - F.I.T.T.A principle - Reversibility - Moderation	- Specificity - Tedium/variance - Planning & designing fitness training plans - Reviewing training plans	- Fitness training plan design - Learning journal (inc. self-evaluation of fitness training plan) - Y9 Fitness Knowledge Quiz		
Gymnastics	- Controlled take-offs & landings using a range of apparatus - Advanced shapes/jumps off, on & over apparatus (star, tuck, pike, straddle, ½ and full twists) - Weight on hands agilities (cartwheel, round off, bridge)	- Basic vaults supported/unsupported (squat on, feet on, straddle) - More advanced vaults supported (through, handspring) - Developing group sequences using different formations, pathways, speeds & levels	- Group performance of a gymnastics sequence using floor & apparatus (teacher/peer) - Learning journal (self) - Y9 Gymnastics Knowledge Quiz		
Parkour	- Basic core stability, strength & balance exercises - Precision jumps (floor, onto/off low obstacles) - Controlled take-off & landing points - Basic balancing (floor & low obstacles)	- Safety rolls (break roll from crouching) - Vaulting (step, side) - Combining moves in short sequences around obstacle courses	- Solo performance of a parkour sequence using obstacle course (teacher/peer) - Learning journal (self) - Y9 Parkour Knowledge Quiz		
Table Tennis					
Summer term					

Athletics	<p>Specialist techniques & training:</p> <ul style="list-style-type: none"> - Sprint training (hollow sprints, accelerations) & phases (start/drive, acceleration, maintain max speed, deceleration) - Distance training (long intervals, negative splits) & technique (overtaking, stride length, cadence) 	<ul style="list-style-type: none"> - Jumps training (plyometrics) & technique (full approach, take-off & flight techniques) - Throws training (resistance training) & technique (full approach, release angles & speeds) - Performance in a 'triathlon' event (3 events: 1 run, 1 jump & 1 throw) 	<ul style="list-style-type: none"> - Performance & time/distance results in triathlon competition (teacher) - Learning journal (self) - Y9 Athletics Knowledge Quiz 		
Cricket	<ul style="list-style-type: none"> - Catching on the move (from distance, one-handed) - Ground fielding (distance)/retrieving on the move - Throwing to hit the stumps from distance and backing up - Wicket keeping (catching standing up, standing back) 	<ul style="list-style-type: none"> - Batting (front foot defence, pull shot) - Bowling (short run up, line & length) - Hitting 4s and 6s - Rules e.g. lbw, byes, leg byes - Main fielding positions & tactics in games (pairs & 10-a-side) 	<ul style="list-style-type: none"> - Perform skills & apply rules in small-sided games (teacher) - Learning journal (self) - Y9 Cricket Knowledge Quiz 		
Rounders	<ul style="list-style-type: none"> - Catching (from distance, one-handed) - Ground fielding (distance)/retrieving on the move - Throwing to a post (close/distance) - Batting (placement) 	<ul style="list-style-type: none"> - Bowling (speed) - Backstop (position, catching, returning to bowler) - Rules e.g. innings, batters on posts - Fielding positions in a game (9-a-side) 	<ul style="list-style-type: none"> - Perform skills & apply rules in small-sided games (teacher) - Learning journal (self) - Y9 Rounders Knowledge Quiz 		
Softball	<ul style="list-style-type: none"> - Catching using a glove (underarm, overarm) - Throwing (underarm, overarm) - Throwing to a base (close) 	<ul style="list-style-type: none"> - Batting (grip, basic technique) - Basic rules e.g. scoring runs, getting out - Basic batting & fielding in games e.g. 9-a-side 	<ul style="list-style-type: none"> - Perform skills & apply rules in small-sided games (teacher) - Learning journal (self) - Y9 Softball Knowledge Quiz 		

Homework:

Homework in PE is a core part of learning and supports Y9 students in building their knowledge, performance and self-evaluation skills from Y7. There are typically 4 types of homework set in PE: 1) Retrieval activities to help Y9 students learn key information from their knowledge organiser; 2) Knowledge assessments in the form of Google Classroom quizzes; 3) Learning journal homework where students complete a self-evaluation to reflect on their performance and set targets; 4) Reading-based homework that help students to learn rules and/or raise awareness of current issues (1 per half-term).