

Year 9 PE - Core

The Year 9 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 Year 7 and Year 8 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
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 and kicking from a dead ball)* 	<ul style="list-style-type: none"> - Man-to-man marking - Using width to attack - Basic positions and team formations - Rules e.g. throw ins, goal kicks - 9v9 games on bigger pitches
Handball	<ul style="list-style-type: none"> - Catching (backwards and on the move) - Passing (feint pass stationary) - Intercepting - Creating space - 1v1 dodging with the ball - Marking on and off the ball - Shooting (jump shot) 	<ul style="list-style-type: none"> - GK skills (anticipating and narrowing the angle and passing out) - More rules e.g. footwork, contact, penalty throw - Basic positions and who they mark in a game - 5v5/6v6 games on small court
		<ul style="list-style-type: none"> - Perform skills and apply rules in games (teacher) - Learning journal (self) - Year 9 Football knowledge quiz
		<ul style="list-style-type: none"> - Perform skills and apply rules in games (teacher) - Learning journal (self) - Year 9 Handball knowledge quiz

Hockey	<ul style="list-style-type: none"> - Receiving (reverse stick side) - Passing (hit) - 2v1/3v2 attacking (keeping possession) - Dribbling and dodging (changing direction and pace with ball) 	<ul style="list-style-type: none"> - Shooting (placement and power) - Marking and intercepting - Tackling (reverse stick) - Rules e.g. obstruction, contact - 7v7 games on bigger pitches 	<ul style="list-style-type: none"> - Perform skills and apply rules in games (teacher) - Learning journal (self) - Year 9 Hockey knowledge quiz
Netball	<ul style="list-style-type: none"> - Catching and passing (one-handed) - Signalling and 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 and rules in full 7-a-side games 	<ul style="list-style-type: none"> - Perform skills and apply rules in games (teacher) - Learning journal (self) - Year 9 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/AandB, 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 and apply rules in games (teacher) - Learning journal (self) - Year 9 Rugby knowledge quiz
Badminton	<ul style="list-style-type: none"> - Serving (flick) - Underarm drop shot - Drive shot (forehand, backhand) - Underarm clear (forehand) 	<ul style="list-style-type: none"> - Side-side formation and positioning on doubles court - Rules e.g. doubles scoring, serving and court - Full court doubles games 	<ul style="list-style-type: none"> - Perform skills and apply rules in doubles games (teacher/peer) - Learning journal (self) - Year 9 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 and rules in small-sided games e.g. 3v3 	<ul style="list-style-type: none"> - Perform skills and apply rules in doubles games (teacher/peer) - Learning journal (self) - Year 9 Volleyball knowledge quiz
Fitness	<p>Principles of training:</p> <ul style="list-style-type: none"> - Progressive overload - F.I.T.T.A principle - Reversibility - Moderation 	<ul style="list-style-type: none"> - Specificity - Tedium/variance - Planning and designing fitness training plans - Reviewing training plans 	<ul style="list-style-type: none"> - Fitness training plan design - Learning journal (inc. self-evaluation of fitness training plan) - Year 9 Fitness knowledge quiz

Gymnastics	<ul style="list-style-type: none"> - Controlled take-offs and landings using a range of apparatus - Advanced shapes/jumps off, on and over apparatus (star, tuck, pike, straddle, ½ and full twists) - Weight on hands agilities (cartwheel, round off, bridge) 	<ul style="list-style-type: none"> - Basic vaults supported/unsupported (squat on, feet on, straddle) - More advanced vaults supported (through, handspring) - Developing group sequences using different formations, pathways, speeds and levels 	<ul style="list-style-type: none"> - Group performance of a gymnastics sequence using floor and apparatus (teacher/peer) - Learning journal (self) - Year 9 Gymnastics knowledge quiz
Parkour	<ul style="list-style-type: none"> - Basic core stability, strength and balance exercises - Precision jumps (floor, onto/off low obstacles) - Controlled take-off and landing points - Basic balancing (floor and low obstacles) 	<ul style="list-style-type: none"> - Safety rolls (break roll from crouching) - Vaulting (step, side) - Combining moves in short sequences around obstacle courses 	<ul style="list-style-type: none"> - Solo performance of a parkour sequence using obstacle course (teacher/peer) - Learning journal (self) - Year 9 Parkour knowledge quiz
Summer Term			
Athletics	<p>Specialist techniques and training:</p> <ul style="list-style-type: none"> - Sprint training (hollow sprints, accelerations) and technique (start/drive phase, arm action, leg action) - Distance training (long intervals, negative splits) and technique (overtaking, stride length, sprint finish) 	<ul style="list-style-type: none"> - Jumps training (plyometrics) and technique (full approach, take -off and flight techniques) - Throws training (resistance training) and technique (full approach, release angles and speeds) - Performance in a 'triathlon' event (3 events: 1 run, 1 jump and 1 throw) 	<ul style="list-style-type: none"> - Performance and time/distance results in triathlon competition (teacher) - Learning journal (self) - Year 9 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 and length) - Hitting 4s and 6s - Rules e.g. lbw, byes, leg byes - Main fielding positions and tactics in games (pairs and 10-a-side) 	<ul style="list-style-type: none"> - Perform skills and apply rules in small-sided games (teacher) - Learning journal (self) - Year 9 Cricket knowledge quiz
Rounders	<ul style="list-style-type: none"> - Catching (from distance, one-handed) 	<ul style="list-style-type: none"> - Bowling (speed) 	<ul style="list-style-type: none"> - Perform skills and apply rules in small-sided games (teacher)

	<ul style="list-style-type: none"> - Ground fielding (distance)/retrieving on the move - Throwing to a post (close/distance) - Batting (placement) 	<ul style="list-style-type: none"> - 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"> - Learning journal (self) - Year 9 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 and fielding in games e.g. 9-a-side 	<ul style="list-style-type: none"> - Perform skills and apply rules in small-sided games (teacher) - Learning journal (self) - Year 9 Softball knowledge quiz

Independent learning:
<p>Independent learning in PE is a core part of learning and supports Year 9 students in building their knowledge, performance and self-evaluation skills from Year 7. There are typically 4 types of Independent learning set in PE: 1) Retrieval activities to help Year 9 students learn key information from their knowledge organiser; 2) Knowledge assessments in the form of Google Classroom quizzes; 3) Learning journal Independent learning where students complete a self-evaluation to reflect on their performance and set targets; 4) Reading-based Independent learning that help students to learn rules and/or raise awareness of current issues (1 per half-term).</p>