

# Physical Education - Subject outline for Year 9

Half Term	Core learning	Challenge or extension learning	Key assessment tasks for KS3 or controlled assessment title and timing for KS4 and KS5
<b>Autumn 1<sup>st</sup></b>	<u>Rugby</u> <ul style="list-style-type: none"> <li>• Passing, running and contact skills.</li> <li>• Carry out different roles within a team.</li> <li>• Game awareness and identifying strengths and weaknesses</li> <li>• Tactics and strategies in defensive and offensive situations.</li> <li>• Working as a group to improve.</li> </ul> <u>Netball</u>	<ul style="list-style-type: none"> <li>• Opportunities for successful students to take on greater leadership responsibilities.</li> <li>• Extra- curricular opportunities for those students interested in developing further including matches against other schools,</li> <li>• Links to Luctonians RFC.</li> </ul>	<ul style="list-style-type: none"> <li>• Performance in practices and small sided games.</li> <li>• Use a variety of tactics.</li> <li>• Knowledge of the basic rules in games situations.</li> </ul>
<b>Half term</b>			
<b>Autumn 2<sup>nd</sup></b>	<u>Badminton</u> <ul style="list-style-type: none"> <li>• Refine basic badminton shots to enable tactics to be established and used</li> <li>• Experiment with tactics forming a game plan</li> <li>• Analysis of performance using ICT and using information to improve performance.</li> </ul>	<ul style="list-style-type: none"> <li>• Opportunities for successful students to take on greater leadership responsibilities.</li> <li>• Extra- curricular opportunities for those students interested in developing further with external coach.</li> <li>• Links to Herefordshire Badminton Academy.</li> </ul>	<ul style="list-style-type: none"> <li>• Performance in practices and small sided games.</li> <li>• Use a variety of tactics.</li> <li>• Knowledge of the basic rules in games situations.</li> </ul>
<b>Christmas Holiday</b>			
<b>Spring 1<sup>st</sup></b>	<u>Health Related Fitness</u> <ul style="list-style-type: none"> <li>• Improving fitness through training</li> <li>• Developing training plans</li> </ul>	<ul style="list-style-type: none"> <li>• Development of fitness plans that can be used outside school</li> </ul>	<ul style="list-style-type: none"> <li>• Fitness Test results and analysis</li> </ul>
<b>Half term</b>			
<b>Spring 2<sup>nd</sup></b>	<u>Football</u> <ul style="list-style-type: none"> <li>• Passing, dribbling, heading, shooting and goal keeping in game situations.</li> <li>• Principles of attack and defence.</li> <li>• Different roles with in a team.</li> <li>• Leading warm ups and cool downs.</li> </ul>	<ul style="list-style-type: none"> <li>• Opportunities for successful students to take on greater leadership responsibilities.</li> <li>• Extra- curricular opportunities for those students interested in developing further including matches against other schools.</li> </ul>	<ul style="list-style-type: none"> <li>• Performance in practices and small sided games.</li> <li>• Use a variety of tactics.</li> <li>• Knowledge of the basic rules in games situations.</li> <li>• Leadership of small groups.</li> </ul>

<b>Easter Holiday</b>			
<b>Summer 1<sup>st</sup></b>	<u>Striking and Fielding Cricket</u> <ul style="list-style-type: none"> <li>• Consistency and accuracy in batting, bowling and fielding.</li> <li>• Relationship between strategy and tactics and technique</li> <li>• Leadership skills to help others improve.</li> </ul>	<ul style="list-style-type: none"> <li>• Opportunities for successful students to take on greater leadership responsibilities.</li> <li>• Extra-curricular opportunities for those students interested in developing further including matches against other schools.</li> </ul>	<ul style="list-style-type: none"> <li>• Performance in practices and small sided games.</li> <li>• Use a variety of tactics.</li> <li>• Knowledge of the basic rules in games situations.</li> </ul>
<b>Half term</b>			
<b>Summer 2<sup>nd</sup></b>	<u>Athletics</u> <ul style="list-style-type: none"> <li>• Improve consistency in running, jumping and throwing skills.</li> <li>• Apply strategies in competitive situations.</li> <li>• Make effective evaluations of their own and others performance through the use of ICT</li> </ul> <u>Tennis</u> <ul style="list-style-type: none"> <li>• More advanced strokes such as topspin, slice and volley.</li> <li>• Implement tactics and strategy in doubles and singles play.</li> <li>• Evaluate their own and others performance.</li> </ul>	<ul style="list-style-type: none"> <li>• Extra-curricular athletics including inter-school event and inter-county events.</li> </ul>	<ul style="list-style-type: none"> <li>• Continual assessment.</li> <li>• Evaluation skills assessed through quality of feedback.</li> </ul>
<b>Summer Holiday</b>			