

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
Autumn 1st	<u>Netball</u> <ul style="list-style-type: none"> • Passing and moving, receiving and advanced footwork skills. • Play two different positions confidently in games. • Tactics and strategies in defensive and offensive situations. • Leadership skills in small groups 	<ul style="list-style-type: none"> • Opportunities for successful students to take on greater leadership responsibilities. • Extra- curricular opportunities for those students interested in developing further including matches against other schools, 	<ul style="list-style-type: none"> • Performance in practices and small sided games. • Use a variety of tactics. • Knowledge of the basic rules in games situations.
Half term			
	<u>Health and Fitness</u> <ul style="list-style-type: none"> • Look at different training methods for different sports • Plan a training programme for a selected sport to carry out. 	<ul style="list-style-type: none"> • Extra-curricular opportunities. 	<ul style="list-style-type: none"> • Planning and carrying out of training programme.
Christmas Holiday			
Spring 1st	<u>Hockey</u> <ul style="list-style-type: none"> • Passing, dribbling, shooting and receiving. • Tactical short and long corners. • Leadership roles through skills teaching. • Attacking and defensive play. 	<ul style="list-style-type: none"> • Opportunities for successful students to take on greater leadership responsibilities. • Extra- curricular opportunities for those students interested in developing further with external coach. 	<ul style="list-style-type: none"> • Assessment through skills and tactics in game situations. • Coaching and leading. • Understanding of rules and regulations.
Half term			
Spring 2nd	<u>Badminton</u> <ul style="list-style-type: none"> • Refine basic badminton shots to enable tactics to be established and used • Experiment with tactics forming a game plan • Analysis of performance using ICT and using information to improve performance. 	<ul style="list-style-type: none"> • Opportunities for successful students to take on greater leadership responsibilities. • Extra- curricular opportunities for those students interested in developing further with external coach. • Links to Herefordshire Badminton Academy. 	<ul style="list-style-type: none"> • Performance in practices and small sided games. • Use a variety of tactics. • Knowledge of the basic rules in games situations.
Easter Holiday			

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