

Our Lady Queen of Peace

Catholic High School

Curriculum Overview

Year 9 Physical Education

Careers

Local Market Information	Skills	Jobs
See skills	Ability to follow instructions Strong work ethic	Sports Journalist Sports Event Manager

	Knowledge & Understanding			Subject Specific Literacy Development Key Vocabulary	Cultural Capital / Enrichment Opportunities
	Topics (Bigger Picture)	Knowledge (Key Concepts)	Recall & Retrieval Practice Focus		
Week 1 - 12	OAA & Team Building – Boys/girls (Teamwork, communication)	Map reading, tug of war & sack races, problem solving	Last lesson last sport questions (refer to teacher sheet)	Map reading, teamwork, orienteering, communication, symbols, problem solving, control points, hazards, strategies	Extra-curricular programme Lancashire cup competitions Information on local clubs WLSPE Events
	Rugby – Boys (physical competence)	Ball Familiarisation & Rucking (Attacking/Defending) – Developed, gap discipline developed, line pressure developed, passing from the ruck developed, kicking in play, kicking in play developed		Ruck, Playing the ball, Held, Knock on, In Touch, Try, High Tackle, Offside, Marker, 5th Tackle, Dummy Half	
	Badminton – Boys (confidence)	Recap rules & stance developed, all shots developed, disguised shots, doubles (rules), doubles (tactics), doubles		Rally, Serve, Backcourt, Disguised serve, Shot Trajectory, Partner work, Stance, Smash shot, Backhand	
	Netball – Girls (physical competence)	Appropriate and effective passing, running footwork, dodging (sprint, double and roll), shooting technique, positions, roles and responsibilities, rules – footwork, 3 seconds, contact, obstruction, offside, out of play. Tactics – positioning in the circle, order of play, set		Landing foot, double dodge, attacking, defending, sprint dodge, free pass, contact, obstruction, penalty pass.	

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		plays.			
	Gymnastics – (Creativity and Confidence)	Recap travelling and rolls and partner balances, group balances, sequencing to include levels, mirroring, matching, cannon and unison. Introduce flight and vaulting. Trampolining – shapes, twists and landings – seat, front and back.		Forward roll, body tension, sequencing, partner balance, counterbalance, counter tension, mirroring, matching, vault.	
Week 13 - 22	Basketball – boys (Resilience)	Zonal and man marking, layups advanced, crossover, screening, boxing out, games	Last lesson last sport questions (refer to teacher sheet)	Double dribble, travel, jump ball, crossover, pivot, layup, screening, boxing out,	Extra-curricular programme Lancashire cup competitions Information on local clubs WLSPE Events
	Fitness – boys (Health and well-being)	Continuous training / breathing rate, interval training, agility training / endorphins, plyometric training, circuit training / stroke volume		Heart rate, continuous training, breathing rate, interval training, endorphins, plyometrics, stroke volume	
	Dance – girls (Creativity and Confidence)	Street dance (birds in the sky), beat, teacher led choreography, unison, cannon, group choreography, rhythm expression, theme.		Beat, unison, choreography, cannon, expression, timing, aesthetically pleasing, tempo, levels.	
	Hockey – girls (tactics and strategy)	Grip, dribbling, ball control, passing, shooting, tackling, reverse stick, Indian dribble, rules, formations, set plays – hit out, short corner, long corner, push back.		Split grip, dribble, push pass, hit/slap, high stick, out of bounds, push back, feet, push tackle.	
Week 23 – 31	Handball – boys (tactics and strategy)	Recap rules, dribble (spin), shooting (moving jump), attacking (counter attack), screening, games	Last lesson last sport questions (refer to teacher sheet)	3 Step Rule, 3 Second Rule, Passive Play, Jump Shot, Defensive Stance, Zonal marking, Screening	Extra-curricular programme Lancashire cup competitions Information on local clubs WLSPE Events
	Dance – boys (Creativity and Confidence)	Introduction to eye of the tiger / recognising moving to the beat, introduction to eye of the tiger developed, unison, levels, cannon, mirroring		The Beat (8 counts), Rhythm, Timing, Unison, Levels, Cannon, Mirroring, Expression	
	Football – girls (physical	Dribbling, turning, ball control, passing, shooting, tackling, rules – out of play, kick off,		Drag back, inside/outside hook, striking with laces, kick off, attacking,	

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	competence)	goal kick, corner kick, attacking movement, defensive play, formations, set play.		defending, free kick, formations, corner kick.	
	Volleyball – girls (Resilience)	Dig, volley/set, serve - overarm, spike, scoring, basic rules – out of play, number of touches on the ball, formations and rotation.		Dig, volley, serve, spike, formation, rotation, block, side out, assist.	
Week 34 - 38	Athletics – boys (Resilience)	Shot putt, javelin, discus, triple jump, long jump, 100m, 300m/baton exchange, 800m	Last lesson last sport questions (refer to teacher sheet)	Grip, stance, height, speed, transfer weight, pacing, reaction time, strides technique, changeover	Extra-curricular programme Lancashire cup competitions Information on local clubs WLSPE Events
	Athletics – girls (Resilience)	Shot putt, javelin, discus, triple jump, long jump, 100m, 300m/baton exchange, 800m		Grip, stance, height, speed, transfer weight, pacing, reaction time, strides technique, changeover	
Week 40 - 44	Cricket – boys (Leadership and responsibility)	Reintroduce rules, bowling developed (run up), Fielding positioning/long barrier/one handed pick up, batting developed (defensive shots)	Last lesson last sport questions (refer to teacher sheet)	Over, boundary, long barrier, one handed pick up, wicketkeeper, crease	Extra-curricular programme Lancashire cup competitions Information on local clubs WLSPE Events
	Softball – boys (Leadership and responsibility)	Batting / bowling developed, tactics (setting the field), tactics (backing up), officiating		Strike, no ball, foul, home run, pitcher, catcher, backing up	
	Rounders – girls (Leadership and responsibility)	Underarm/overarm throwing, catching, bowling, batting, fielding, rules – scoring, obstruction, bowlers ball, backward hit, tactics – backing players up		Bowler, back stop, deep fielder, bowlers ball, long barrier, half rounder/full rounder, batting line, backward hit, obstruction.	
	Cricket – girls (physical competence)	Batting, bowling (introduce overarm), no ball, throwing, catching fielding, scoring – 1/4/6, outs.		Wickets, an over, boundary, crease, long barrier, no ball, stumped out, caught out, overarm bowl.	
Week 45 - 47	Trampolining – boys (Creativity and Confidence)	Recap of safety and control, turns shapes and drops developed, partner routines	Last lesson last sport questions (refer to	Safety, turning, landing, straight jump, tuck, pike, seat drop, back drop, straddle jump	Extra-curricular programme Lancashire cup competitions,

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	Fitness – girls (Health and well-being)	Continuous, circuit, interval.	teacher sheet)	Immediate effects of exercise, heart rate, breathing rate. Reps, sets, muscle groups, Oxygen, carbon dioxide, Long term effects of exercise.	Information on local clubs, WLSPE Events

Key Assessments			
When	What will be assessed?	Why is this being assessed?	How will results be stored & students receive feedback?
Half term 3	Physical me, Thinking me, Healthy me Knowledge of rules, strategies, tactics, roles and the impact sport has on health	To demonstrate knowledge covered within the national curriculum. Understanding of a healthy lifestyle. To show progression in the 3 key elements in PE: (Physical me, thinking me, healthy me) Physical literacy – skills, techniques, and tactical play.	Results will be stored on sims. Pupils will receive immediate feedback from their class teacher.
Half term 6	Physical me, Thinking me, Healthy me Knowledge of rules, strategies, tactics, roles and the impact sport has on health	To demonstrate knowledge covered within the national curriculum. Understanding of a healthy lifestyle. To show progression in the 3 key elements in PE: (Physical me, thinking me, healthy me) Physical literacy – skills, techniques, and tactical play.	Results will be stored on sims. Pupils will receive immediate feedback from their class teacher.