

# Curriculum Content – Physical Education Y9



## Physical Activities



### Autumn Term (PE - Games 1.1)

**Handball – Handball** – game rules, individual defence & team set, drive and jump shot, dribbling, movement and attacking principles, counter-attack.

**Weight Training** – Methods of Training, principles of training, fitness testing, Circuit training weight training, creating a Training Programme, HIIT (Boys/Girls)

**Cross Country** – interval, continuous and fartlek training, designing training, HR and zones, target setting, resilience, Inter Form Competition (Boys/Girls)

**Rugby** – Passing, Tackling, Rucking, Line Outs, Scrum, Ball Presentation, Kicking, Conversions, Backs Moves, Alignment, Mauling (Boys/Girls)

**Hockey** – Transition to 11-aside Dimension, Set Pieces, Setting a Press, Advanced Core Skills (Girls)

### Spring Term (PE - Games 1.2)

**Badminton** – Forehand & Backhand Low and High Serves, Overhead Clear, Drop Shot, Net Shots, Smash, Doubles (Boys/Girls)

**Trampolining** – safety considerations, shapes & twists, seat drop, front drop, back drop, combinations, routines.

**Football** – Advanced Core Skills, Ball Skills, Shape, Possession, Penetration of Defenses, Defense, 11-aside Match Play, Defending and Attacking Set Pieces (Boys)

**Netball** – Advanced Core Skills, Zonal Defence, Set Pieces, Match Play & Tactical Awareness (Girls)

### Summer Term (PE - Games 1.3)

**Athletics** – Shot, Discus, Javelin, Hurdles, Long, Triple and High Jump, Sprints, Distance (Boys/Girls)

**Rounders** – Catching, Fielding, Bowling, Batting, Tactics, Placing the Ball (Girls/Boys)

**Cricket** – Bowling Varying Lines and Lengths (spin/ seam), Batting (judging length, hitting over the top, quick singles), Advanced Fielding, (Boys)

**Danish Longball** – Game Awareness, Fielding, Teamwork, Decision Making (Boys/Girls)

**Orienteering** – map skills, pacing, handrailing, bearings, compass skills, competitive timed courses.

**Tennis** – Serving, returning, forehand, backhand groundstrokes, volleys, gameplay, doubles, attack and defence principles.

### Wide range of activities for sporting passion

Core games activities, trampolining, orienteering athletics & swimming. Extensive clubs list with explicit community links. Confidence to represent QEII in several activities.

### Competence to participate wider community (skills)

Performers can adjust and adapt skills based on specific context. Greater range of advanced skills in more activities performed competitively. Pupils able to coach themselves and each other articulately and identify adjustments readily.

### Extensive knowledge and understanding of tactics & concepts

Sport specific tactics of attack & defense, space, and use of this. Key terms and sport specific jargon more commonly used and pupils able to articulate this.

Positional differences known.

### CARE values – moral, social & psychological

Development of values within all lessons and demonstrated consistently. Linked to key role models and appropriate current sporting stories.

## No Wasted Years – ‘Explain’

### 3A - Skeletal System

Explain the following types of movement and identify when & where they occur in sport.

- Flexion & Extension,
- Abduction & Adduction,
- Rotation & Circumduction.

### 3B - Muscular System

Name all Muscles and explain what antagonistic pairs are with examples from sport.

Explain the long term effects of exercise on the muscular system.

### 3C - Respiratory System

Explain the long term effects of exercise on the respiratory system and define:

- Vital Capacity
- Aerobic Exercise
- Anaerobic Exercise

### 3D - Circulatory System

Identify long term effects of exercise on the cardiovascular system.

### 3E - Health of Fitness

Explain the methods and principles of training.

Methods:

continuous, interval, fartlek, circuit, weight training and plyometrics.

Principles:

Specificity, progression, overload (intensity, frequency, duration), variance.

**Teaching strategies:** inquiry-guided instruction, individual feedback & Q&A in practical tasks, class discussion, cooperative learning, quiz assessments on google classroom. Exam takes place end of y9.



## Prior learning

### Prior learning required

- PE Schemes of Work previously
- Clubs at QEII
- Representing QEII in fixtures and interschool competitions
- Expectations previously outlined (listen and act on instructions, cooperate with others, adversity to challenge, positive attitude to learning, safety in different sports, respect, communication and punctuality)

## Global/IOM/Subject Links

### Links to other subjects

– Skeletal, Muscular, Respiratory & Circulatory Systems → Biology  
– Map skills, geography & links to D of E.

### Links to Global picture

– Benefits of a healthy and active lifestyle

### Links to IOM

– Links to local sports clubs in the community