

Physical Education: Year 9 Curriculum

Curriculum Intent:

With the basis of knowledge acquired in Year 7 & Year 8, Year 9 students will capitalise on this knowledge to develop their self-analytical skills regarding performance improvement and their leadership skills. We have identified these two factors as major areas of our KS4 courses, AQA GCSE PE and OCR Sports Studies. Therefore, the focus of this curriculum is to embed opportunities for our students to experience how to identify areas of improvement in their practical performance and plan how they would correct or improve such areas of development. This will enable these students to develop their meta-cognitive skills, resilience and become deep thinkers regarding Physical Education.

Year 9 will have three points within the academic year where they will be delivered 2 theory lessons in that week. These will be from GCSE and Sports Studies topics and will also link to the learning acquired within their practical lessons. As a result of this, students will sit a formal theory assessment within the respective year groups assessment week.

	Autumn Term	Spring Term	Summer Term
Main Topic	Boys: Football, Fitness, Rugby & Gymnastics Girls: Badminton, Netball, Hockey & Fitness Theory Round 1 (Structure of the musculo-skeletal system & Features of hosting a major sporting event)	Boys: Gymnastics, Rugby, Handball & Basketball Girls: Fitness, Hockey, Table Tennis & Football Theory Round 2 (Structure of the cardio-respiratory system & Positive and negative impact of hosting a major sporting event)	Boys: Athletics, Tennis, Striking & Fielding (Cricket) Girls: Athletics, Tennis, Striking & Fielding (Rounders) Theory Round 3 (Anaerobic & aerobic exercise & The role of NGBs in the development of sport)
Curriculum links	Content taught at KS4 level including:- • Components of fitness associated with each activity delivered (Taught in Yr.10). E.g. power and strength is associated with Gymnastics. Why do we need these fitness components? • Different methods of training (taught in Yr.10) used to improve our core skill ability in each activity. • Fitness testing to improve our fitness components (taught in Yr.10). E.g. the invasion game test we will deliver is related to the wall throw test conducted in Yr. 10 to measure co-ordination. • Effects of exercise on our bodily systems (taught in Yr.10). E.g. If we trained regularly using Plyometrics training for High Jump or Long Jump in Athletics, what would happen to our muscular system? E.g. muscular hypertrophy. • Key practical and physical skills linked to AQA GCSE PE specification for the natural transition and progression through KS3 into KS4. • Movement analysis (taught in Yr.10) e.g. we need to produce flexion at the elbow in the preparation stage of a basketball free-throw. • Sports Studies & GCSE content: How to identify areas of development within performance. Once identified, how can we improve these skill/tactical weaknesses?		
Cross-curricular links	Biology: Anatomy & Physiology, effects of exercise on the body. Measuring resting HR and working HR for fitness testing unit. Mathematics: Counting and totalling points/scores. English: Understanding key terminology and what they mean. Understanding specific instructions to follow, interpreting that information and then being able to articulate oral responses. R.S: Developing character and personal well-being. Creating leaders and working within a team. Understanding fair play and etiquette within each activity.		
Interleaving of skills	Students building on skills learnt in Year 7 & 8 will allow students to progress to identifying areas of development within their performance. E.g. A student has identified that they need to improve their passing & receiving within Netball. How can they look to improve this for greater effectiveness within a competitive context?	Activities deliberately work in tandem alongside each other and complement one another. Hockey for the girls works in alignment with football in terms of positioning and other strategic elements, which can lead to a natural transfer of skills. In gymnastics, students will have a strong basis of knowledge of correcting areas of their routine and refining	Knowledge and understanding can be filtered down from KS4 to Year 9. Content such as application of fitness components to fundamental attributes in Athletics can be applied here, alongside peer assessment and analysis of performance to correct technique and address misconceptions. E.g. students can observe their peers when

					that technique before implementing that skill back into their original routine.			performing the High Jump and look to correct technique based on set criteria led by the subject teacher.	
Literacy	Key words & terminology from each activity will be embedded within each lesson which are highlighted within our Schemes of Learning and key word wall in the changing rooms. Students have access to the library to gain access to further reading to do with physical activity and sport.								
Cultural capital	Physical Pupils are afforded the ability to develop not only communication skills through teamwork and leadership opportunities during each unit of study, but also improve their self-esteem and mental health through the participation and progress in 4 hours of physical activity of curriculum time, over 2 week period. Pupils' capacity to improve resilience through stretch and challenge is fundamental to their personal development, and they encounter this throughout the physical education curriculum/lessons. They can also expand upon this through participation in extracurricular clubs. Spiritual Co-operation, etiquette, team-work, fair play, values are all promoted in all PE lessons and extra-curricular opportunities. Pupils are encouraged to develop trust in one another through partner and team activities. Social Pupils develop their social interactions through numerous contact points in lessons and extra-curricular clubs. These range from a high level of team work during lessons, to the encouragement of the social side of sporting endeavour through teams/clubs/sport day Physical The Physical education curriculum is designed to improve pupils' physical endeavour and prowess in all lessons and activities. Pupils can expand upon this through participation in extra-curricular offerings. The promotion of school/club links for increased performance opportunities is also highlighted & promoted. Moral Co-operation, etiquette, team-work, fair play values are all promoted in all PE lessons and extra-curricular opportunities. Pupils are asked to be respectful of fellow learners, understanding that in competitive situations all ability level performers will be working together. Showing respect to the opposition and officials in competitive situations is also a key message. Cultural Promotion of how to be an effective citizen in a sporting context (team member, responsibility of role within a team) and how we represent ourselves in an extracurricular sporting environment. Use of curriculum enrichment days also help to promote and embed this.								
Gatsby Benchmark 4 – Linking Curriculum to Careers	Within KS3, there are key career areas that we look to implement within our curriculum. These include:- - Theory lessons, to help with Post 14 exam course choice. Students have a greater informed decision as they can experience what a GCSE and Sports Studies lesson would be like. - PE notice board solely linked to careers and opportunities within sport because of developing knowledge and understanding within Physical Education. - National careers week. Staff share their experiences and career pathways. During this week, there is focus on how our curriculum and skills acquired can help students on their journeys into a multitude of careers within sport.								
Assessment	Boys: Football & Fitness Girls: Badminton & Netball w/c 02.10.23	Boys: Football & Fitness Girls: Badminton & Netball w/c 13.11.23	Boys: Rugby & Gymnastics Girls: Fitness & Hockey w/c 15.12.23	Boys: Rugby & Gymnastics Girls: Fitness & Hockey w/c 29.01.24	Boys: Handball & Basketball Girls: Table Tennis & Football w/c 04.03.24	Boys: Handball & Basketball Girls: Table Tennis & Football w/c 25.03.24	Boys: Cricket & Athletics Girls: Tennis & Athletics w/c 24.05.24	Boys: Tennis & Athletics Girls: Rounders & Athletics w/c 15.07.24	Theory Assessment in Year 9 Assessment week.

