



Y9 Curriculum Map: PE

| | Timing | Unit | Core content | Core objectives | Key Skills (not PLTS) |
|---|-----------------------|---------------------------|--|--|--|
| 1 | Autumn 1 (7 weeks) | Basketball (7 lessons) | <ul style="list-style-type: none"> Continue to develop the following key skills: passing, receiving, pivoting, stopping, dribbling, shooting (Set/jump/lay-up) rebounding and defending Fake and drive Setting screens/fast breaks Games to include half court and 3 v 3 games | <ul style="list-style-type: none"> To use the basic skills with consistency and accuracy in the game to outwit the opposition To use more advanced individual and team attacking and defensive skills effectively To apply the main rules and laws of the game and use this knowledge when playing or refereeing small-sided games | <ul style="list-style-type: none"> Preparing safely Cooperation Teamwork Tactics Tolerance Rules Communication Peer coaching Refereeing |
| | | Rugby (7 lessons) | <ul style="list-style-type: none"> Continue to develop the following key skills: passing, receiving, tackling, rucking, scrummaging, maul, line-out, support play and alignment in attack and defence Games to include conditioned small sided games (e.g. 5 v 5 progressing from walking to running rugby) Forward and back play including 10 v 10 games | <ul style="list-style-type: none"> To learn new skills and develop existing skills for rugby Pupils understand the concept of depth and pace in back play Pupils to improve the timing and ability to draw and pass Pupils tackle safely and confidently Understand the techniques and rules underlying rucking, scrummaging, mauling and the line-out To learn the main rules and laws of the game and use this knowledge when playing or refereeing small-sided games Understand and be able to apply the off side rule Understand the playing positions of the 'backs' and the front row and begin to show competency playing as a forward and a back | <ul style="list-style-type: none"> Preparing safely Cooperation Teamwork Tactics Rules Offside Peer coaching Refereeing |
| | Autumn 2 (8 weeks) | Football (8 lessons) | <ul style="list-style-type: none"> Develop the following key skills: passing and control, shooting, finishing, crossing and heading Attacking team play Team formations Games to include small sided conditioned games progressing from 5 v 5 to 8 v 8 | <ul style="list-style-type: none"> To learn new skills and develop existing skills for football Pass and control the ball on ground and in the air with consistency Pupils develop techniques for shooting and finishing To learn different heading techniques and show confidence heading a ball To apply a range of attacking team tactics to create space to receive the ball To learn the main rules and laws of the game and use this | <ul style="list-style-type: none"> Preparing safely Cooperation Teamwork Tactics Rules Communication Confidence Peer coaching |



Y9 Curriculum Map: PE

| | Timing | Unit | Core content | Core objectives | Key Skills (not PLTS) |
|---|-----------------------|---|---|--|--|
| 2 | Autumn 2 (8 weeks) | Badminton (8 lessons) | <ul style="list-style-type: none"> Continue to develop the following skills: Clear (forehand & back hand), forehand drop shot, net shot, smash, returning the smash. Doubles play including serving, scoring, communication, skills and tactics. Games to include cooperative rallies and competitive singles ½ court games and doubles (full court) | <p>knowledge when playing or refereeing small-sided games</p> <ul style="list-style-type: none"> To learn a powerful and effective overhead hitting technique Develop a greater range of shots both on the forehand and backhand in order to pressurise an opponent Begin to use power and disguise in their play Apply tactics in games to move an opponent in order to outwit them and win points or force a mistake Understand the difference between tactics in singles and doubles | <ul style="list-style-type: none"> Preparing safely Cooperation Tactics Footwork Movement Anticipation Deception Peer coaching umpiring |
| | Spring 1 (6 weeks) | Tabletennis (6 lessons) Handball (6 lessons) | <ul style="list-style-type: none"> Basic grip Starting a rally and serving rules Push and drive shots Cooperative rallies Competitive games Scoring <ul style="list-style-type: none"> Continue to develop the following skills: passing, receiving, faking, dodging, marking, creating space, dribbling and shooting Setting a zone defence Attacking a zone defence Develop skills and tactical play progressing from small sided games to 7 v 7 games | <ul style="list-style-type: none"> Pupils learn how to hold the bat to play effective shots on the forehand and backhand To understand how to serve and the rules regarding the service To serve legally using the forehand and backhand To be able to maintain longer rallies on the backhand and forehand using the push shots and drive shots To apply tactics by selecting a variety of shots to pressurise an opponent <ul style="list-style-type: none"> To learn the basic skills and demonstrate accuracy and consistency when using them To use individual skills and team attacking tactics effectively to outwit the opposition and breakdown their zone defence To understand how to set a zone defence. Work cooperatively with teammates to make it more difficult for the opposition to score To learn the main rules and laws of the game and use this | <ul style="list-style-type: none"> Safety Handling equipment Peer coaching <ul style="list-style-type: none"> Preparing safely Team work Tactics Rules Communication Cooperation |



Y9 Curriculum Map: PE

| Timing | Unit | Core content | Core objectives | Key Skills (not PLTS) |
|-----------------------|---------------------------|---|--|---|
| | | <ul style="list-style-type: none"> Rules of the game | <ul style="list-style-type: none"> knowledge when playing or refereeing small-sided games | |
| Spring 2 (6 weeks) | Hockey (6 lessons) | <ul style="list-style-type: none"> Develop the following skills push pass, slap hit, hit, receiving from in front and from the side Dribbling, stopping and turning Beating a player Passing and receiving on the open and reverse sides Crossing from wide areas and finishing Games to include target games, conditioned games and invasion games (up to 7 v 7) | <ul style="list-style-type: none"> To learn and develop the key skills for hockey To show accuracy when passing the ball over a variety of different distances To control the ball quickly and effectively using both the open and reverse sides of the stick Understand the technique for moving with the ball including turning on the open and reverse sides, and turning away from opponent Understand the principles of width and depth in switching in attacking play To improve finishing techniques To know and apply the main rules and laws of the game and use this knowledge when playing or refereeing small-sided games | <ul style="list-style-type: none"> Preparing safely Cooperation Tactics Footwork Anticipation Peer coaching Umpiring |
| | Fitness (6 lessons) | <ul style="list-style-type: none"> Training methods and the principles of training Continuous training Interval training Circuit training | <ul style="list-style-type: none"> Explain the difference between health and fitness Pupils learn about the health, mental and social benefits of taking part in regular exercise To improve pacing skills and mental determination when taking part in sustained physical activity To learn good techniques when performing circuit training exercises To plan a circuit training session showing an understanding of the principles of training | <ul style="list-style-type: none"> Preparing safely Mental determination Pacing |
| Summer 1 (6 weeks) | Athletics (12 lessons) | <ul style="list-style-type: none"> Events include: <ul style="list-style-type: none"> Shot putt, javelin and discus High jump, long and triple jump | <ul style="list-style-type: none"> To further develop and refine running, jumping and throwing techniques in a wide range of athletics events. Coordinate an effective run-up and take off in the long jump and | <ul style="list-style-type: none"> Preparing safely Mental determination |



Y9 Curriculum Map: PE

| | Timing | Unit | Core content | Core objectives | Key Skills (not PLTS) |
|---|-----------------------|-------------------------|---|--|--|
| 5 | | | <ul style="list-style-type: none"> Relay Hurdles Middle distance running Sprinting Team runs and strategies. Rules of all the events | <ul style="list-style-type: none"> triple jump events Learn the basic fundamentals when performing the shift in the shot putt and the cross-over step in the javelin Identify, describe and replicate good sprinting and starting techniques Improve hurdling technique. Increase spacing and height of the hurdles To refine baton changeover technique in the relay To show mental determination when completing sustained running events To learn the main rules and laws of the different events and use this knowledge when performing | <ul style="list-style-type: none"> Pacing Timing Consistency Safety |
| | Summer 2 (6 weeks) | Rounders (6 lessons) | <ul style="list-style-type: none"> Batting – stance, back lift, contact and follow through Bowling technique – speed, flight and rules Overarm throw - High or flat and fast. Catching – low and high catch Fielding – Long barrier and two handed pick up Tactics – batting, bowling and fielding. Games include mini rounders games, full rounders games | <ul style="list-style-type: none"> To further develop and refine batting, bowling and fielding techniques. To show greater tactical awareness when batting or fielding to increase or decrease the chance of scoring Hit the ball with more consistency to their preferred side Bowl with accuracy and vary the speed and trajectory of the bowl Field securely by intercepting and catching the ball and throw accurately over a variety of distances To learn the main rules and laws of the game and use this knowledge when playing or refereeing small-sided games Identify strengths and weaknesses in individual performance and team play | <ul style="list-style-type: none"> Cooperation Teamwork Tactics Rules Peer coaching |
| | Summer 2 (6 weeks) | Cricket (6 lessons) | <ul style="list-style-type: none"> Batting grip, stance, back swing Pull shots Square cut | <ul style="list-style-type: none"> To further develop and learn new skills for cricket Know how and when to play off the back foot to the leg and off sides including how to bat safely | <ul style="list-style-type: none"> Preparing safely Cooperation Teamwork |



Y9 Curriculum Map: PE

| Timing | Unit | Core content | Core objectives | Key Skills (not PLTS) |
|--------|------|--|--|---|
| | | <ul style="list-style-type: none">• Overarm bowling, pace and spin• Underarm and overarm throwing• Wicket keeping• Covering teammates• Games include pull shot and square cut games, clock cricket and pairs cricket | <ul style="list-style-type: none">• Pupils begin to bowl with more consistency and some will demonstrate pace and spin in their bowling• Play behind the stumps showing an understanding of wicket keeping skill• Pupils learn to support each other when fielding by covering• Be able to umpire a clock cricket game and apply knowledge of the rules | <ul style="list-style-type: none">• Tactics• Rules• Peer coaching |

Throughout their study of PE pupils will be encouraged to develop the following key skills:

- Bring correct P.E. kit to all lessons
- Actively participate in all lessons as a performer, leader, coach or an official
- Communicate their ideas with confidently using the correct terminology
- Listen to the views and ideas of others
- Show consideration of individual differences
- Cooperate and be tolerant of others
- Help each other and suggest ways in which they and their team could improve