

# Curriculum Overview

Subject: Physical Education

Year Group: 9



While students continue to develop fundamental skills in team sports and individual activities, in preparation for GCSE more complex skills are introduced. Examples of these are weak hand/ foot dribbling and shooting in football and basketball. Initial tactics are reviewed and improved in team sports and more detailed evaluation techniques in individual activities. More complex skills such as screen and role in basketball and somersaults in Trampolining are introduced. Health and safety requirements of each activity will be reviewed. Students are encouraged to demonstrate increasingly effective and developed skills and tactics in small sided games. Key terms are embedded in lessons and reinforced around teaching areas and in changing rooms. Students are encouraged to attend EC.

TERM 1	TERM 2	TERM 3
<p><b>KNOWLEDGE/SKILLS</b></p> <p>Individual skills, tactics, key terms and health and safety requirements in:</p> <p><u>Team Sports</u></p> <p>Basketball, Netball, Football, Rugby, Dodgeball, Handball</p> <p><u>Individual Activities</u></p> <p>Trampolining, Badminton ,Fitness, Cross Country.</p>	<p><b>KNOWLEDGE/SKILLS</b></p> <p>Individual skills, tactics, key terms and health and safety requirements in:</p> <p><u>Team Sports</u></p> <p>Basketball, Netball, Football, Rugby Tchoukball, Handball, , Dodgeball</p> <p><u>Individual Activities</u></p> <p>Trampolining, Fitness, Badminton ,Cross Country.</p> <p>Leadership skills will be developed for those taking GCSE PE through the leading of warm ups.</p>	<p><b>KNOWLEDGE/SKILLS</b></p> <p><u>Team Sports</u></p> <p>Cricket, Rounders, Softball, Long Ball</p> <p><u>Individual Activities</u></p> <p>Athletics, Tennis</p> <p>Leadership skills will be developed for those taking GCSE PE through the leading of warm ups.</p>
<p><b>KEY ASSESSMENTS</b></p> <p>Half term 1: On going self and peer assessment in lesson using QPG's. Final grade produced after inter house competition during last lesson of the half term. Assessment opportunities are also on going during extra curricular practices and inter school fixtures.</p>	<p><b>KEY ASSESSMENTS</b></p> <p>Half term 1: On going self and peer assessment in lesson using QPG's. Final grade produced after inter house competition during last lesson of the half term. Assessment opportunities are also on going during extra curricular practices and inter school fixtures.</p>	<p><b>KEY ASSESSMENTS</b></p> <p>Half term 1: On going self and peer assessment in lesson using QPG's. Final grade produced after inter house competition during last lesson of the half term. Assessment opportunities are also on going during extra curricular practices and inter school fixtures.</p>

Half term 2: On going self and peer assessment in lesson using QPG's. Final grade produced after inter house competition during last lesson of the half term. Assessment opportunities are also on going during extra curricular practices and inter school fixtures.

Half term 2: On going self and peer assessment in lesson using QPG's. Final grade produced after inter house competition during last lesson of the half term. Assessment opportunities are also on going during extra curricular practices and inter school fixtures.

GCSE students to receive peer and teacher feedback on how to develop their leadership skills after leading a warm up.

Half term 2: On going self and peer assessment in lesson using QPG's. Final grade produced after inter house competition during last lesson of the half term. Assessment opportunities are also on going during extra curricular practices and inter school fixtures. GCSE students to receive peer and teacher feedback on how to develop their leadership skills after leading a warm up.

GCSE students to receive peer and teacher feedback on how to develop their leadership skills after leading a warm up.

Extended reading suggestions and external resources:

After GCSE students have been identified after option choices are made there will be a course reading list provided.

Extension opportunities arise in PE through extra-curricular practices and inter school fixtures and competitions.

External resources are links to local clubs the PE Department has developed e.g. Westcliff Rugby Club, Southend Athletics Club.