

# Curriculum Overview

Subject: Physical Education

Year Group: 9



While pupils 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. Pupils are encouraged to demonstrate increasingly effective and developed skills and tactics in small sided games. Pupils can describe the 4 QPG levels, what level they are and what they need to do to improve. Key terms are embedded in lessons and reinforced around teaching areas and in changing rooms. Pupils are encouraged to attend EC. Gifted and talented pupils are informed of local clubs to attend and are entered in to county, regional and national competitions.

<b>TERM 1</b>	<b>TERM 2</b>	<b>TERM 3</b>
<p><b>KNOWLEDGE/SKILLS</b></p> <p>Pupils will lead a small group warm up. Pupils will understand the 4 QPG levels and be able to describe the core skills, tactics and concepts of each activity. All pupils will have the opportunity to perform skills in practice and game situations. Those who are working at a gold level will have the additional extension opportunity of performing the platinum extension skills.</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>Basic skills are reviewed and developed. Set plays and dead ball situations are introduced.</p> <p><u>Individual Activities</u></p> <p>Trampolining, Badminton ,Fitness, Cross Country.</p>	<p><b>KNOWLEDGE/SKILLS</b></p> <p>Pupils will lead a small group warm up. Pupils will understand the 4 QPG levels and be able to describe the core skills, tactics and concepts of each activity. All pupils will have the opportunity to perform skills in practice and game situations. Those who are working at a gold level will have the additional extension opportunity of performing the platinum extension skills.</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>Basic skills are reviewed and developed. Set plays and dead ball situations are introduced.</p> <p><u>Individual Activities</u></p> <p>Trampolining, Fitness, Badminton ,Cross Country.</p>	<p><b>KNOWLEDGE/SKILLS</b></p> <p>Pupils will lead a small group warm up. Pupils will understand the 4 QPG levels and be able to describe the core skills, tactics and concepts of each activity. All pupils will have the opportunity to perform skills in practice and game situations. Those who are working at a gold level will have the additional extension opportunity of performing the platinum extension skills.</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>

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**Extended reading suggestions and external resources:**

After GCSE pupils 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.