CURRICULUM MAP: GIRLS PE YEAR 9



								<b>EOY Assessment Point</b>
							HT6: Athletics Field / Rounders	HT1 – HT6
						HT5: Athletics Track / Rounders	Overarching unit intent:	Individuals are a taught in ability based groups for
				HT4: Rugby/ Hockey/ fitness	Assessment Point: Summative or AFL	Overarching unit intent:	Application of skills and techniques.	athletics and rounders  Key Disciplinary
			HT3: Netball / Football	Overarching unit intent:	HT3 and HT4 (with elements of HT1	Application of skills and techniques.	Measure and improve speed and	Knowledge
	HT2: Trampolining/ basketball / netball	Assessment Point: Summative or AFL	Overarching unit intent:	Application of skills and techniques.	and HT2) Individuals are	Measure and improve speed and cardiovascular fitness.	cardiovascular fitness.  Analyse performance compared to previous	Hand-eye, foot-eye coordination, cardiovascular fitness.
HT1: Fitness/ badminton	Overarching unit intent:	HT1 & HT2	Application of skills and techniques.	Enhance the physical	assessed in gymnastics on their creativity,	Analyse performance compared to previous	one and demonstrate improvement to achieve their personal	Speed, power. Ability to use a range of tactics and
Overarching unit intent:	Application of skills and techniques.	Individuals are assessed based on their ability and group	Enhance the physical development skills	development skills learned in Year 7 and 8 so that pupils become	technique and ability to link the movements together into a	one and demonstrate improvement to achieve their personal	best.	strategies to overcome opponents
Application of skills and techniques.	Enhance the physical	accordingly in Netball and badminton.	learned in Year 7 and 8 so that pupils become	more competent and confidence in their	sequence. Individuals are	best.	Enhance the physical development skills learned in Year 7 and 8	Recapping core skills learnt in previous units.
Enhance the physical development skills	development skills learned in Year 7 and 8 so that pupils become	Individuals are taught in ability-based groups for trampolining and	more competent and confidence in their techniques.	techniques. Rugby: Development of	assessed based on their ability and group accordingly in Rugby, Netball and Hockey.	Enhance the physical development skills learned in Year 7 and 8 so that pupils become	so that pupils become more competent and confidence in their	<u>Key Concepts</u>
learned in Year 7 and 8 so that pupils become more competent and	more competent and confidence in their techniques.	basketball.  Differentiation is based on pupils' level of	Football: Development of	tactical awareness Basic passing and receiving drills, ball	ivelban and notice;	more competent and confidence in their techniques.	techniques. Re-visit Year 8	Embed physical development and skills
confidence in their techniques. Baseline fitness test.	Basketball: Basic passing	progress.	tactical awareness. Possession based drills to develop awareness	familiarisation, passing and receiving on the move, introduce the	Key disciplinary knowledge	Re-visit Year 8	Athletics Field: Shot putt, discus,	learnt, Develop technique and improve performance.
Badminton: Development of	techniques, 3 man weave, dribbling skills and ball handling skills,	Key disciplinary knowledge	of space and opposition around	concept of running forwards, passing	Hand-eye, foot-eye coordination, cardiovascular fitness.	Athletics Track: 60m, 100m, 150m, 200m, 300m, 600m,	javelin, long jump, triple jump.	Understand what makes a performance effective, Self / peer assessment,
tactical awareness and range of shots to outwit opponents.	lay-up, shooting games, conditioned games, small sided	Hand-eye, foot-eye coordination, cardiovascular fitness.	them. Conditioned games to encourage playing in pressurised	backwards, conditioned games and small sided games.	Ability to use a range of tactics and strategies to	800m and relay.	Re-Visit HT 5  Rounders:	Engaging in competitive sports and activities. Understand and apply the
Backhand low serve, high serve, overhead clear, high serve, drop	games.	Ability to use a range of tactics and strategies to overcome opponents	situations. Full sided games, officiating.	Hockey: Development of	overcome opponents  Recapping core skills	Re-visit Year 8  Rounders:	Batting techniques and stance, fielding	short/ long term health benefits of physical activity
shot, net shot, smash conditioned games,	Trampolining: Teach health and	Key Concepts	Netball: Development of	tactical awareness.  Correct grip of the hockey stick, basic	learnt in previous units.	Batting techniques and stance, fielding catching throwing,	catching throwing, pitching, conditioned games, understanding	to lead a health active lifestyle.
half court games. Full court games. Introduce	safety procedures, basic shapes and		tactical awareness and set plays. Continue the	dribbling, the push pass technique,		pitching, conditioned games, understanding	of positions and tactics and rules, full games.	Cross curricular links



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doubles tactics and	landings. Progressive	Embed physical	development of	receiving a pass,	Van Canana	of positions and tactics	Developing teamwork	
service rotation.	skills and combinations	development and skills	passing to a partner on	reverse stick work,	Key Concepts	and rules, full games.	and leadership	Maths, Science,
	developed through the	learnt,	the move, retaining	conditioned games,			(officiating role).	CPSHCE, Food and
	scheme.	Develop technique and	possession of the ball,	and small sided games.	Embed physical			Nutrition.
		improve performance.	playing under pressure		development and skills			
Fitness:		Understand what	in more small sided		learnt,			Career paths are discussed
Baseline fitness tests,		makes a performance	game situations.	Gymnastics:	Develop technique and			in lessons.
Revisiting the various		effective,			improve performance.			PE Teacher
methods of training,		Self / peer assessment,		Build on basic shapes	Understand what			Sports Coach
continuous, circuit,		Engaging in competitive		forming the basis of all	makes a performance			Physiotherapist
interval.		sports and activities.		gymnastics moves,	effective,			Sport Psychologist
12-minute run		Pupils expected to		develop balance	Self / peer assessment,			
		know, apply and		movements utilising a	Engaging in competitive			Armed forces
		understand the skills		variety of body parts,	sports and activities.			Personal Trainer
		and process for each		develop core strength				Nutritionist
		sporting activity.		in order to achieve	Career paths are			
		Understand and apply		balance positions,	discussed in lessons.			Participate and compete in
		the short/ long term		Introduce partner	PE Teacher			activities that build
		health benefits of		balances	Sports Coach			character and help to
		physical activity to lead		Encourage creativity in	Physiotherapist			embed values such as
		a health active lifestyle.		travel movements, link	Sport Psychologist			fairness and respect.
		·		movements together	Armed forces			
		Career paths are		to create a sequence,	Personal Trainer			
		discussed in lessons.		develop the quality of	Nutritionist			
		PE Teacher		the movement, and				
		Sports Coach		introduce aesthetics of	Participate and			
		Physiotherapist		a good performance.	compete in activities			
		Sport Psychologist		a good periormanico	that build character and			
		Armed forces			help to embed values			
		Personal Trainer			such as fairness and			
		Nutritionist			respect.			
		Natritionist			respecti			
		Participate and						
		compete in activities						
		that build character and						
		help to embed values						
		such as fairness and						
		respect.						