

CURRICULUM MAP:
GIRLS PE
YEAR 9



ST JAMES'
CATHOLIC HIGH SCHOOL

							HT6: Athletics Field / Rounders	EOY Assessment Point
							Overarching unit intent:	HT1 – HT6 Individuals are taught in ability based groups for athletics and rounders <u>Key Disciplinary Knowledge</u> Hand-eye, foot-eye coordination, cardiovascular fitness. Speed, power. Ability to use a range of tactics and strategies to overcome opponents Recapping core skills learnt in previous units. <u>Key Concepts</u> Embed physical development and skills learnt, Develop technique and improve performance. Understand what makes a performance effective, Self / peer assessment, Engaging in competitive sports and activities. Understand and apply the short/ long term health benefits of physical activity to lead a health active lifestyle. Cross curricular links
							Application of skills and techniques. Measure and improve speed and cardiovascular fitness. Analyse performance compared to previous one and demonstrate improvement to achieve their personal best. Enhance the physical development skills learned in Year 7 and 8 so that pupils become more competent and confidence in their techniques. Re-visit Year 8 Athletics Field: Shot putt, discus, javelin, long jump, triple jump. Re-Visit HT 5 Rounders: Batting techniques and stance, fielding catching throwing, pitching, conditioned games, understanding of positions and tactics and rules, full games.	
							HT5: Athletics Track / Rounders	
							Overarching unit intent:	
							Application of skills and techniques. Measure and improve speed and cardiovascular fitness. Analyse performance compared to previous one and demonstrate improvement to achieve their personal best. Enhance the physical development skills learned in Year 7 and 8 so that pupils become more competent and confidence in their techniques. Re-visit Year 8 Athletics Track: 60m, 100m, 150m, 200m, 300m, 600m, 800m and relay. Re-visit Year 8 Rounders: Batting techniques and stance, fielding catching throwing, pitching, conditioned games, understanding	
							HT4: Rugby/ Gymnastics	
							Overarching unit intent:	
							Application of skills and techniques. Enhance the physical development skills learned in Year 7 and 8 so that pupils become more competent and confidence in their techniques. Re-visit Year 8 Rugby: Development of tactical awareness Basic passing and receiving drills, ball familiarisation, passing and receiving on the move, introduce the concept of running forwards, passing backwards, conditioned games and small sided games. Engage in competitive games and sport. Re-visit Year 8	
							HT3: Badminton/ Football	
							Overarching unit intent:	
							Application of skills and techniques. Enhance the physical development skills learned in Year 7 and 8 so that pupils become more competent and confidence in their techniques. Re-visit Year 8 Football: Development of tactical awareness. Possession based drills to develop awareness of space and opposition around them. Conditioned games to encourage playing in pressurised situations. Full sided games, officiating. Engage in competitive games and sport. Re-visit HT 1:	
							Assessment Point: Summative or AFL	
							HT3 and HT4 (with elements of HT1 and HT2)	
							Individuals are assessed in gymnastics on their creativity, technique and ability to link the movements together into a sequence. Individuals are assessed based on their ability and group accordingly in Rugby and after the Football unit. <u>Key disciplinary knowledge</u> Hand-eye, foot-eye coordination, cardiovascular fitness. Ability to use a range of tactics and strategies to overcome opponents Recapping core skills learnt in previous units.	
							HT2: Badminton/ Hockey	
							Overarching unit intent:	
							Application of skills and techniques. Enhance the physical development skills learned in Year 7 and 8 so that pupils become more competent and confidence in their techniques. Re-visit Year 8 Hockey: Development of tactical awareness. Correct grip of the hockey stick, basic dribbling, the push pass technique, receiving a pass, reverse stick work, conditioned games, and small sided games.	
							Assessment Point: Summative or AFL	
							HT1 & HT2	
							Individuals are assessed based on their ability and group accordingly in Netball/ handball and badminton/ Hockey. <u>Key disciplinary knowledge</u> Hand-eye, foot-eye coordination, cardiovascular fitness. Ability to use a range of tactics and strategies to overcome opponents <u>Key Concepts</u> Embed physical development and skills learnt, Develop technique and improve performance.	
							HT1: Netball/ Handball	
							Overarching unit intent:	
							Application of skills and techniques. Enhance the physical development skills learned in Year 7 and 8 so that pupils become more competent and confidence in their techniques. Baseline fitness test. Re-visit Year 8 Netball: Development of tactical awareness and set plays. Continue the development of passing to a partner on the move, retaining possession of the ball, playing under pressure in more small sided	



<p>game situations. Engage in competitive games and sport.</p> <p>Handball: Passing techniques, dribbling, footwork, shooting games, tactics and positions conditioned games, full game. Engage in competitive games and sport.</p> <p>Cardiovascular fitness test: 12 min run.</p>	<p>Engage in competitive games and sport.</p> <p>Re-visit Year 8</p> <p>Badminton: Development of tactical awareness and range of shots. Backhand low serve, high serve, overhead clear, high serve, drop shot, net shot, smash conditioned games, half court games. Full court games. Introduce doubles tactics and service rotation. Engage in competitive games and sport.</p>	<p>Understand what makes a performance effective, Self / peer assessment, Engaging in competitive sports and activities. Pupils expected to know, apply and understand the skills and process for each sporting activity. Understand and apply the short/ long term health benefits of physical activity to lead a health active lifestyle.</p>	<p>Badminton: Development of tactical awareness and range of shots to outwit opponents. Backhand low serve, high serve, overhead clear, high serve, drop shot, net shot, smash conditioned games, half court games. Full court games. Introduce doubles tactics and service rotation. Engage in competitive games and sport.</p> <p>Re-visit Year 8</p> <p>Dance: To perform the main dance actions, develop a motif, space, relationships, dynamics, perform in front of peers.</p>	<p>Gymnastics: Build on basic shapes forming the basis of all gymnastics moves, develop balance movements utilising a variety of body parts, develop core strength in order to achieve balance positions, Introduce partner balances Encourage creativity in travel movements, link movements together to create a sequence, develop the quality of the movement, and introduce aesthetics of a good performance.</p>	<p>Key Concepts</p> <p>Embed physical development and skills learnt, Develop technique and improve performance. Understand what makes a performance effective, Self / peer assessment, Engaging in competitive sports and activities.</p>	<p>of positions and tactics and rules, full games. Engage in competitive games and sport.</p>	<p>Developing teamwork and leadership (officiating role). Engage in competitive games and sport.</p>	<p>Maths, Science, CPSHCE, Food and Nutrition.</p>
---	---	---	---	--	--	---	--	--