



							HT6: Softball	EOY Assessment Point	
							HT5: Athletics Track and Field	HT1 – HT6	
				Badminton and Table Tennis	Assessment Point: Summative or AFL				
			Football and Basketball		Overarching unit intent:				
Badminton and Table Tennis	Hockey and Football	Assessment Point: Summative or AFL			Football:				
<u>Overarching unit intent:</u> Application of skills and techniques. Enhance the physical development skills learned in Year 7 and 8 so that pupils become more competent and confident in their techniques. Badminton: Backhand low serve, high serve, overhead clear to maintain a rally, high serve, drop shot, net shot, conditioned games, half court games. Full court games. Engage in competitive games and sport.	<u>Overarching unit intent:</u> Application of skills and techniques. Enhance the physical development skills learned in Year 7 and 8 so that pupils become more competent and confident in their techniques. Hockey: Grip of stick, stance, push pass, slap pass, hit. Movement, dribbling techniques, conditioned games, and small sided games, full sided games. Engage in competitive games and sport. Football: Possession based drills to develop awareness of space and	HT1 & HT2 Individuals are assessed based on their ability and grouped accordingly in football, hockey, badminton and table tennis. Groups are taught based on competence and confidence. <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.			Overarching unit intent: Football: 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. Basketball: Passing techniques, 3-man weave, dribbling skills and ball handling skills, lay-up, set shot, jump shot, conditioned games, small sided games. Engage in competitive games and sport.	HT3 and HT4 (with elements of HT1 and HT2) Individuals are taught in mixed ability groups for basketball. In badminton and table tennis groups are taught based on ability from the previous HT 1.	HT5: Athletics Track and Field <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> Table Tennis: Backhand push shot, basic serve technique and rules, conditioned games, full games. Develop technique and improve performance. Forehand drive. Engage	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. Softball: Batting techniques and stance, fielding catching throwing, pitching, conditioned games, understanding of positions and tactics and rules, full games. Introduce the role of the catcher. Engage in competitive games and sport. Athletics Field: Shot putt, discus, javelin, long jump, triple jump. <u>Key Concepts</u>	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. 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. Engage in competitive games and sport.



<p>Backhand push shot, basic serve technique and rules, conditioned games, full games. Develop technique and improve performance. Forehand drive. Engage in competitive games and sport.</p>	<p>opposition around them. Conditioned games to encourage playing in pressurised situations. Full sided games, officiating. 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. Engage in competitive games and sport.</p> <p>Engagement and Behaviour:</p> <p>Clear routines provide calm learning environment</p> <p>Lessons are paced appropriately</p> <p>Teachers engage the children through the passion and love for their subject</p> <p>Adaptive Teaching:</p> <p>All activities are accessible</p> <p>Careers in sport discussed, please see attached</p>		<p>in competitive games and sport.</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. Engage in competitive games and sport.</p> <p>Engagement and Behaviour:</p> <p>Lessons are paced appropriately</p> <p>Teachers engage the children through the passion and love for their subject</p> <p>Adaptive Teaching:</p> <p>All activities are accessible</p> <p>Deepening Knowledge and Understanding:</p> <p>Teachers model deep understanding of their subject</p> <p>Prior learning is built upon as well</p> <p>Questioning is used effectively</p>			<p>Cross curricular links</p> <p>Maths, Science, CPSHCE, Food and Nutrition.</p> <p>Developing Global Catholic Citizens:</p> <p>Pupils are kind, considerate and fair to peers</p> <p>The classroom is inclusive to all needs</p> <p>Careers in sport discussed, please see attached</p>
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Catholic Life of the School:

The Physical Education department ensure our children strive to perform as global Catholic Citizens and demonstrate their faith through the manner in which they treat one another demonstrating skills and qualities such as respect, compassion, team work and leadership.

In Physical Education our pupils are taught the lesson of 'solidarity', this is demonstrated through working together as a team.

Pupils are also taught the lesson of 'rights and responsibilities', this is demonstrated when pupils are given certain roles with a team and to know their rights and responsibilities.

Pupils are also tasked with 'participation', we expect all children to participate during lessons to the best of their ability to reach their full potential.





Extended Reading	
Half Term 1 Fitness and Hockey/ Rugby	Hockey – factfile https://www.bbc.co.uk/bitesize/guides/zsvf39q/revision/2 SPIRIT OF HOCKEY My Poem About Anxiety, By Louise Rhys-Davies, BHHC https://www.englandhockey.co.uk/my-poem-by-louise-rhys-davies EQUALITY, DIVERSITY & INCLUSION International Day of Persons with Disabilities – Hockey https://www.englandhockey.co.uk/media/news/international-day-of-persons-with-disabilities
Half Term 2 Football and Fitness	Boys Mental Health https://www.bbc.co.uk/bitesize/articles/z7tc6v4 Year 9 Careers in sport HT3 https://www.bbc.co.uk/bitesize/articles/zmfkrj6
Half Term 3 Badminton and Table Tennis	Badminton - fact file https://www.bbc.co.uk/bitesize/guides/zp9ck7h/revision/1 Badminton - essential skills and techniques https://www.bbc.co.uk/bitesize/guides/z96mtyc/revision/1
Half Term 4 Badminton/ Table Tennis and Basketball	Basketball - fact file https://www.bbc.co.uk/bitesize/guides/z8w8j6f/revision/1 Basketball - essential skills and techniques https://www.bbc.co.uk/bitesize/guides/zy4r9qt/revision/1 Wheelchair basketball - fact file https://www.bbc.co.uk/bitesize/guides/z92qmn8/revision/1
Half Term 5 Athletics Track and Cricket	Cricket - fact file https://www.bbc.co.uk/bitesize/guides/zx3yb7/revision/1 Cricket - essential skills and techniques https://www.bbc.co.uk/bitesize/guides/zxtxhv4/revision/1
Half Term 6 Athletics Field and Softball	Kamila Valieva: What is trimetazidine - the drug at the centre of the Beijing Olympics doping scandal? https://news.sky.com/story/kamila-valieva-who-is-the-15-year-old-russian-figure-skater-at-the-centre-of-the-beijing-olympics-doping-scandal-12538895