

Physical Education Curriculum Map - Year 9

Term	Units of Study	Curriculum Guidelines	NC –Aims / Focus Points
Autumn 1	Football <ul style="list-style-type: none"> Assessing & evaluate key techniques Dummies & fakes Shooting techniques 	<ul style="list-style-type: none"> To be able to analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best 	<ul style="list-style-type: none"> Pupils are physically active for sustained periods of time
Autumn 2	Basketball <ul style="list-style-type: none"> Developing shooting- Lay ups Zone defensive skills Three man weave and tactics 	<ul style="list-style-type: none"> To use a range of tactics and strategies to overcome opponents in direct competition through team and individual games 	<ul style="list-style-type: none"> Pupils should develop competence to excel in a broad range of physical activities Encourage students to lead healthy, active lives.
Spring 1	Table Tennis <ul style="list-style-type: none"> Topspin and Backspin Disguising the serve Doubles rules 	<ul style="list-style-type: none"> To develop their technique and improve their performance in other competitive sports To be able to analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best 	<ul style="list-style-type: none"> Pupils should develop competence to excel in a broad range of physical activities
Spring 2	Cricket	<ul style="list-style-type: none"> To develop their 	<ul style="list-style-type: none"> Pupils should develop

	<ul style="list-style-type: none"> Bowling with a run up Batting- ball placement Wicket keeping <p>Dance</p> <ul style="list-style-type: none"> Explore Dance from around the world Chorus formations/levels Analyse performance 	<p>technique and improve their performance in other competitive sports</p> <ul style="list-style-type: none"> To perform dances using advanced dance techniques within a range of dance styles and forms 	<p>competence to excel in a broad range of physical activities</p>
Summer 1	<p>Softball</p> <ul style="list-style-type: none"> Batting for placement Team tactics Peer assessment 	<ul style="list-style-type: none"> To use a range of tactics and strategies to overcome opponents in direct competition through team and individual games 	<ul style="list-style-type: none"> Pupils should engage in competitive sports and activities
Summer 2	<p>Tennis</p> <ul style="list-style-type: none"> Lob and Smash Drop shot Applying topspin <p>Outdoor and Adventurous Activities</p> <ul style="list-style-type: none"> Team building and problem solving 	<ul style="list-style-type: none"> To take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group 	<ul style="list-style-type: none"> Encourage students to lead healthy, active lives.
Notes*****	All pupils will participate in competitive sports against other schools or in house	<ul style="list-style-type: none"> To take part in competitive sports and activities outside school 	<ul style="list-style-type: none"> Pupils should engage in competitive sports and activities

	<p>tournaments throughout the academic year. There will also be opportunities for all pupils to go on school trips to sports clubs and take part in outdoor and adventurous activities which present intellectual and physical challenges.</p> <ul style="list-style-type: none">• Free Running• HOAC• The Lion King• STOMP	<p>through community links or sports clubs.</p>	
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