

Year 9: Physical Education

	Autumn	Spring	Summer
Topics	<p>Invasion Games – fundamental skills, techniques, rules & tactics</p> <p>Trampolining - fundamental skills, techniques & compositional ideas</p> <p>Health Related Fitness – Healthy active lifestyles</p> <p>Net and Wall Games - fundamental skills, techniques, rules & tactics</p>	<p>Invasion Games – fundamental skills, techniques, rules & tactics</p> <p>Trampolining - fundamental skills, techniques & compositional ideas</p> <p>Health Related Fitness – Healthy active lifestyles</p> <p>Net and Wall Games - fundamental skills, techniques, rules & tactics</p>	<p>Striking and Fielding Games - fundamental skills, techniques, rules & tactics</p> <p>Net and Wall Games – fundamental skills, techniques, rules & tactics</p> <p>Outdoor Adventurous Activities – Team building, problem solving and communication skills</p> <p>Athletics - fundamental skills, techniques, rules & tactics</p>
Assessments	<p>Head – <i>thinking skills, knowledge, analysing, feedback, responsibilities & rules</i></p> <p>Hand – <i>physical skills, techniques, fitness levels, competition, tactics & problem solving</i></p> <p>Heart – <i>social skills, communication, leadership, respect, resilience, effort, confidence</i></p>	<p>Head – <i>thinking skills, knowledge, analysing, feedback, responsibilities & rules</i></p> <p>Hand – <i>physical skills, techniques, fitness levels, competition, tactics & problem solving</i></p> <p>Heart – <i>social skills, communication, leadership, respect, resilience, effort, confidence</i></p>	<p>Head – <i>thinking skills, knowledge, analysing, feedback, responsibilities & rules</i></p> <p>Hand – <i>physical skills, techniques, fitness levels, competition, tactics & problem solving</i></p> <p>Heart – <i>social skills, communication, leadership, respect, resilience, effort, confidence</i></p>
Building on Prior Learning	<p>Substantive Knowledge - students will build on their knowledge about rules and regulations in sports they have learnt in years 7 and 8 such as <i>football, basketball, netball, athletics, OAA, cricket and rounders</i>. Some students will use their knowledge of rules and regulations to officiate games/competitions.</p> <p>Disciplinary Knowledge – students will build on and use skills and techniques from sports taught in years 7 and 8, working on their safe execution of movement in a variety of sports. They will improve their problem-solving skills, working with students from different middle schools. They will develop their tactics and strategies in a range of sports.</p>		

Cultural Capital	<p>There is cultural capital in abundance in this programme of study.</p> <ul style="list-style-type: none"> • OCR Sports Studies - content and aspects; Developing Sport Skills, Leadership in Sport, Contemporary Issues in Sport units <i>eg barriers and solutions to participation.</i> • NGB links to a range of sports; skills, techniques, rules and regulations (YouTube) <i>eg England Badminton, England Netball, FA, RFU, England Rounders, ECB, etc</i> • International and National sporting competitions – e.g <i>London Marathon, Commonwealth Games, World Cup, Euros, Olympics, Masters, Ryder Cup, Tour de France, The Ashes, 6 Nations.</i> • This Girls can week (March) • Sports Tour to Holland – Netball and Football (summer term)
Mastery	<p>At the end of year 9 students will be able to select and apply fundamental skills and techniques for a board range of sports/activities, they will be able to evaluate and refine their skills and performances. They will use the correct rules and regulations in competitive situations and be able to work as part of a small group or on their own to solve problems in many situations. They will be able to independently complete a safe warmup/cooldown and understand the importance of leading an active healthy lifestyle. They will improve their confidence, resilience and self-esteem when working with others and in new situations.</p>
Development of Character	<p>A wide range of virtues: Students will show and improve many values in PE, such as; Respect for teammates and opponents. Teamwork during team sports and outdoor adventurous activities. Honesty when playing different sports <i>eg playing the correct rules in badminton, measuring the correct distance in athletics.</i> Passion when playing sport for their House or School. Determination – never give up; we try, we learn and try again. Self-belief – all students will give each sport/activity, they will try their best and belief in themselves.</p>
Extra-Curricular opportunities	<p>In School: Students will have the opportunity to participate in a wide range of sports (extra-curricular) <i>netball, basketball, football, trampolining, rugby, handball, fitness, badminton, rounders, softball, just to mention a few.</i> Students will have the opportunity to take part Inter House Sport competitions each Term. Outside of School: We run many sports trips throughout the year to <i>Wimbledon, Seven Stars Netball, Man United Men’s and Women’s Football, Worcester Wolves Basketball.</i> Students have the opportunity to work with many of our local schools, organising and leading successful mini sports events. Our students are very fortunate gaining a ‘taster session’ with our local sport links such as <i>Redditch Rugby, Redditch Skate Park, Redditch Bowling Club, Redditch Tennis Club, Worcester Wolves Basketball, Worcester Warriors, Redditch Athletics, Redditch Borough FC.</i></p>
Metacognitive Learning	<p>Metacognitive learning will build through the second order concepts. Students will learn, through expert modelling from teachers, peers and professionals using videos, iPad, pictures and live demonstrations. Deep questioning and reflection about body movements and decisions made in a range of sports/activities. Students will continually review their learning, using self and peer assessment measuring tools against a set criterion. Students will practice and refine their skills, tactics and strategies, this will ensure the fundamentals are correct to access advanced skills, tactics and strategies.</p>