

## Curriculum Overview for Physical Education - Year 9

When?	What?	Why?	How?	Support
<p><b>Autumn Term</b></p>	<p><b>Base Line Assessments</b></p> <p><b>Team Sports:</b></p> <p>Netball Rugby Football Handball</p> <p><b>Health Related Fitness</b></p>	<p>In this term, students will explore a unit of work on four team games. They will develop their skills and knowledge with a focus on teamwork and communication, through teaching of team games such as rugby, football, netball and handball. We aim to develop confidence and leadership skills in all lessons.</p> <p>A unit on health-related fitness will equip students with the tools needed to confidently lead a healthy, active lifestyle. They will learn about training to improve their mental, social and physical health.</p> <p>Throughout the term, students will be challenged to improve their knowledge, confidence, skills and strategies in competitive situations in PE. Many scientific, cultural and historical concepts relevant to team sports, will be introduced as they prepare for Key Stage 4.</p>	<p>Students will explore two sports each half term, covering a unit of six lessons. Through the Scheme of Learning, students will explore different roles within team games, learn about strategies to attack and defend and develop the core skills specific to each sport. Students will be encouraged to explore the similarities and differences between the games and apply their learning in competition situations.</p>	<p>GCSE PE Specification:</p> <p><a href="https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/">https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/</a></p>
<p><b>Spring Term</b></p>	<p><b>Net and Wall Games:</b></p> <p>Table Tennis Badminton Tennis</p> <p><b>Aesthetics:</b></p> <p>Gymnastics</p> <p><b>Health Related Fitness</b></p>	<p>During this term, students will look at a range of individual sports. Their focus will be on mental and physical well-being, through concepts such as self-discipline, resilience and competition. Students will be encouraged to be reflective and self-critical, with a focus on learning from their mistakes. The unit will also explore the social benefits of taking part in sport and competition and the impact that it can have on wellbeing.</p> <p>Students will complete units on badminton and table tennis to develop coordination, strategic thinking and individual competition. Students will develop a range of core skills and knowledge of rules to be an effective performer in each of the sports. Students will explore similarities and differences between them, and learn to transfer skills between them.</p>	<p>Students will explore two sports each half term, covering a unit of six lessons.</p> <p>Students will be encouraged to enjoy developing their skills and applying them in competitive scenarios.</p>	

		<p>Gymnastics lessons will build on the fluency and coordination of movement and develop student confidence in their physical ability.</p> <p>Throughout the term, students will be challenged to improve their knowledge, confidence, skills and strategies in competitive situations in PE. Many scientific, cultural and historical concepts relevant to team sports, will be introduced as they prepare for Key Stage 4.</p>		
<p><b>Summer Term</b></p>	<p><b>Athletics</b></p> <p><b>Striking and Fielding Games:</b></p> <p>Cricket Rounders</p>	<p>This term's focus is on physical literacy and exploring the limits of what our body can achieve. Students will be encouraged to apply their learning from all other sports and activities to explore how fast, how high and how far they can run, jump and throw!</p> <p>During the summer term, students will also explore some striking and fielding games, such as rounders and cricket. Students will aim to develop their core skills in batting and fielding and apply strategic concepts to be effective as a team.</p> <p>Throughout the term, students will be challenged to improve their knowledge, confidence, skills and strategies in competitive situations in PE. Many scientific, cultural and historical concepts relevant to team sports, will be introduced as they prepare for Key Stage 4.</p>	<p>Students will explore two sports each half term, covering a unit of six lessons.</p> <p>Students will be encouraged to enjoy developing their skills and applying them in competitive scenarios.</p> <hr/>	