

Year 9 Big Picture – Physical Education

Autumn 01 Weeks 1 – 8 (8 weeks)	Autumn 02 Weeks 9 – 15 (7 weeks)	Spring 01 Weeks 16 – 21 (6 weeks)
<p>Content: Year 9 students have 3 lessons of PE over a fortnight.</p> <p>Across the year, groups will be taking part in either Trampolining or Football. Please see the POS to find out which group is being taught which sport.</p> <p><u>POS 25-26.docx</u></p> <p>During Trampolining, students will focus on:</p> <ul style="list-style-type: none"> ➢ Fundamental skills such as shapes, balances, twists, turns & landings ➢ Understand the Health & Safety ➢ Individual sequencing of routines ➢ Strength and suppleness when working with others <p>During Invasion Games (Football), students will focus on:</p> <ul style="list-style-type: none"> ➢ More advanced skills applied into game contexts ➢ Team attacking and defending skills and principles ➢ Advanced decision-making skills ➢ Full game rules, formations and positions 	<p>Content: Year 9 students have 3 lessons of PE over a fortnight.</p> <p>Across the year, groups will be taking part in either Trampolining, Badminton, Netball or Rugby. Please see the POS to find out which group is being taught which sport.</p> <p><u>POS 25-26.docx</u></p> <p>During Net and Wall Games (Badminton), students will focus on:</p> <ul style="list-style-type: none"> ➢ Speed and agility to cover 'court' and create time for more advanced skills ➢ More advanced skills to maintain and win rallies ➢ Different formations, positions and tactics in full game settings ➢ More advanced rules and officiating <p>During Trampolining, students will focus on:</p> <ul style="list-style-type: none"> ➢ Fundamental skills such as shapes, balances, twists, turns & landings ➢ Understand the Health & Safety ➢ Individual sequencing of routines ➢ Strength and suppleness when working with others <p>During Invasion Games (Rugby and Netball), students will focus on:</p> <ul style="list-style-type: none"> ➢ More advanced skills applied into game contexts 	<p>Content: Year 9 students have 3 lessons of PE over a fortnight.</p> <p>Across the year, groups will be taking part in either Trampolining, Badminton or Rugby. Please see the POS to find out which group is being taught which sport.</p> <p><u>POS 25-26.docx</u></p> <p>During Net and Wall Games (Badminton), students will focus on:</p> <ul style="list-style-type: none"> ➢ Speed and agility to cover 'court' and create time for more advanced skills ➢ More advanced skills to maintain and win rallies ➢ Different formations, positions and tactics in full game settings ➢ More advanced rules and officiating <p>During Trampolining, students will focus on:</p> <ul style="list-style-type: none"> ➢ Fundamental skills such as shapes, balances, twists, turns & landings ➢ Understand the Health & Safety ➢ Individual sequencing of routines ➢ Strength and suppleness when working with others <p>During Invasion Games (Rugby), students will focus on:</p> <ul style="list-style-type: none"> ➢ More advanced skills applied into game contexts

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	<ul style="list-style-type: none"> ➤ Team attacking and defending skills and principles ➤ Advanced decision-making skills ➤ Full game rules, formations and positions 	<ul style="list-style-type: none"> ➤ Team attacking and defending skills and principles ➤ Advanced decision-making skills ➤ Full game rules, formations and positions
<p>Assessment Objectives Class feedback sheets to be completed based on the skills covered during the unit of work. This is to raise and rectify all the misconceptions. This is complete in lesson 7 of each sport.</p>	<p>Assessment Objectives Class feedback sheets to be completed based on the skills covered during the unit of work. This is to raise and rectify all the misconceptions. This is complete in lesson 7 of each sport.</p>	<p>Assessment Objectives Class feedback sheets to be completed based on the skills covered during the unit of work. This is to raise and rectify all the misconceptions. This is complete in lesson 7 of each sport.</p>
<p>Mini Test 1 for TRAMPOLINING CORE TASK – 10 Bounce Routine Students will create a 7-bounce routine which will include any of the shapes, turns and landings covered in unit of work.</p>	<p>Mini Test 1 for BADMINTON CORE TASK – Singles Game Students will play a singles match starting with a serve and use a variety of shots within a rally. The winner reaches 3 points first, students will then rotate and play a different student.</p>	<p>Mini Test 1 for BADMINTON CORE TASK – Singles Game Students will play a singles match starting with a serve and use a variety of shots within a rally. The winner reaches 3 points first, students will then rotate and play a different student.</p>
<p>Mini Test 1 for FOOTBALL CORE TASK – 3v2: Students to attack in waves of 3 with 2 defenders, attempt to take a shot at the goal.</p>	<p>Mini Test 1 for TRAMPOLINING CORE TASK – 10 Bounce Routine Students will create a 7-bounce routine which will include any of the shapes, turns and landings covered in unit of work.</p>	<p>Mini Test 1 for TRAMPOLINING CORE TASK – 10 Bounce Routine Students will create a 7-bounce routine which will include any of the shapes, turns and landings covered in unit of work.</p>
	<p>Mini Test 1 for NETBALL CORE TASK – 5v5: Students' knowledge and application of correct footwork, correct passing techniques, movement off the ball when attacking and defending in a competitive situation.</p> <p>Mini Test 1 for RUGBY CORE TASK – 3v3: Students' knowledge and application of correct tackling, correct passing techniques, movement off the ball and decision making, when attacking and defending in a competitive situation.</p>	

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	<p>the ball and decision making, when attacking and defending in a competitive situation.</p>	
<p>Spring 02 Weeks 22 – 27 (6 weeks)</p> <p>Content: Year 9 students have 3 lessons of PE over a fortnight.</p> <p>Across the year, groups will be taking part in either Trampolining, Badminton, Cricket or Rugby. Please see the POS to find out which group is being taught which sport.</p> <p>POS 25-26.docx</p> <p>During Net and Wall Games (Badminton), students will focus on:</p> <ul style="list-style-type: none"> ➤ Speed and agility to cover 'court' and create time for more advanced skills ➤ More advanced skills to maintain and win rallies ➤ Different formations, positions and tactics in full game settings ➤ More advanced rules and officiating <p>During Trampolining, students will focus on:</p> <ul style="list-style-type: none"> ➤ Fundamental skills such as shapes, balances, twists, turns & landings ➤ Understand the Health & Safety ➤ Individual sequencing of routines ➤ Strength and suppleness when working with others <p>During Invasion Games (Rugby), students will focus on:</p>	<p>Summer 01 Weeks 28 – 32 (5 weeks)</p> <p>Content: Year 9 students have 3 lessons of PE over a fortnight.</p> <p>Across the year, groups will be taking part in Athletics. Please see the Athletics carousel documents to find out which group is being taught which athletic event.</p> <p>POS 25-26.docx</p> <p>During Athletics events, students will focus on:</p> <ul style="list-style-type: none"> ➤ Core fundamental techniques of running (speed and endurance), ➤ jumping (for distance and height) and ➤ throwing 	<p>Summer 02 Weeks 33 – 39 (7 weeks)</p> <p>Content: Year 9 students have 3 lessons of PE over a fortnight.</p> <p>Across the year, groups will be taking part in either Cricket, Rounders or Badminton. Please see the POS to find out which group is being taught which sport.</p> <p>POS 25-26.docx</p> <p>During Net and Wall Games (Badminton), students will focus on:</p> <ul style="list-style-type: none"> ➤ Speed and agility to cover 'court' and create time for more advanced skills ➤ More advanced skills to maintain and win rallies ➤ Different formations, positions and tactics in full game settings ➤ More advanced rules and officiating <p>During Striking & Fielding Games (Cricket and Rounders), students will focus on:</p> <ul style="list-style-type: none"> ➤ Wider range of skills including variations in flight, spin, timing of strike etc ➤ Advanced decision-making skills ➤ Full game rules, positions and formations

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<ul style="list-style-type: none"> ➤ More advanced skills applied into game contexts ➤ Team attacking and defending skills and principles ➤ Advanced decision-making skills ➤ Full game rules, formations and positions <p>During Striking & Fielding Games (Cricket), students will focus on:</p> <ul style="list-style-type: none"> ➤ Wider range of skills including variations in flight, spin, timing of strike etc ➤ Advanced decision-making skills ➤ Full game rules, positions and formations 		
<p>Assessment Objectives Class feedback sheets to be completed based on the skills covered during the unit of work. This is to raise and rectify all the misconceptions. This is complete in lesson 7 of each sport.</p> <p>Mini Test 1 for BADMINTON CORE TASK – Singles Game Students will play a singles match starting with a serve and use a variety of shots within a rally. The winner reaches 3 points first, students will then rotate and play a different student.</p> <p>Mini Test 1 for TRAMPOLINING CORE TASK – 10 Bounce Routine Students will create a 7-bounce routine which will include any of the shapes, turns and landings covered in unit of work.</p> <p>Mini Test 1 for CRICKET CORE TASK – Diamond Cricket Students will get into teams, playing the role of batter, wicket keeper, fielder, and a bowler.</p>	<p>Assessment Objectives Class feedback sheets to be completed based on the skills covered during the unit of work. This is to raise and rectify all the misconceptions. This is complete in lesson 7 of each sport.</p> <p>Mini Test 1 for ATHLETICS No Core Task but students' performances in sprints, middle distance, throws and jumps will be measured against time and distance. In Athletics, students will take part in a mini 'Sports Day' where they will choose an event to compete in against other students in their band.</p>	<p>Assessment Objectives Class feedback sheets to be completed based on the skills covered during the unit of work. This is to raise and rectify all the misconceptions. This is complete in lesson 7 of each sport.</p> <p>Mini Test 1 for BADMINTON CORE TASK – Singles Game Students will play a singles match starting with a serve and use a variety of shots within a rally. The winner reaches 3 points first, students will then rotate and play a different student.</p> <p>Mini Test 1 for CRICKET CORE TASK – Diamond Cricket Students will get into teams, playing the role of batter, wicket keeper, fielder, and a bowler.</p> <p>Mini Test 1 for ROUNDERS CORE TASK – Mini Games Students to be split into teams of 6 (Batter, Bowler, Backstop, Fielders). Each student has 3 throws each and the aim is to throw the ball as far as possible to score runs for their team.</p>

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