



Year 9 PE Curriculum Map

Overview	Students have the opportunity to choose the route way for the sports they wish to specialise in; variety; outwitting 1; performance and replication; outwitting 2. Thus providing students with an individualised education where they have some control over the decisions they make. Students have the opportunity to develop their leadership skills in the sports leadership module in the summer where they will have the opportunity to lead and assist running sports events and sessions. Throughout the year students will continue to have the opportunity to take part in a range of competitive inter house activities that culminates with Sports Day, the extensive extra-curricular programme further supports students' learning. Students will continue to have theoretical elements of our exam courses integrated into their practical lessons.					
Year 9	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Handball, Badminton, Basketball. Hockey.	Badminton, Rugby, Football, Basketball.	Rugby, Netball, Trampolining, Table Tennis.	Dance; Aerobics; Netball; Freestyle Gymnastics.	Athletics	Tennis, Rounders, Stoolball, Sports Leader award
Knowledge	Understanding of advanced tactics and when to perform them successfully within a game situation.	Understanding of advanced tactics and when to perform them successfully within a game situation.	Understanding of advanced tactics and when to perform them successfully within a game situation.	Choreographic devices and structures; maintain optimal health and fitness; advanced tactics and when to perform them; link advanced skills into a sequence.	How to use advanced techniques when running jumping and throwing.	Understanding of when and how to perform advanced techniques and implement tactics effectively. The behaviours and characteristics that are required to be a successful Sports Leader.
Skills	Able to effectively perform advanced skills from all sports within a full game situation.	Able to effectively perform advanced skills from all sports within a full game situation.	Able to effectively perform advanced skills from all sports within a full game situation.	Creating and performing whole dances in groups using motif development and group relationships; demonstrate control, flexibility, strength in a range of aerobic activities; effectively perform advanced skills from all sports within a full game situation; methods of parkour travel, rolls and rotations.	Drive phase of sprinting, how to hurdle, how rhythm affects your running performance. Power support phase of throwing, how momentum impacts performance. Use of linear run up when jumping, different flight techniques and how to get over the bar in high jump.	Advanced striking and fielding skills including, slice service, top spin, back spin with all strokes. Advanced bowling and batting technique and able to adapt to where fielders are positioned. Transferable skills required to lead successful sporting events.