



# SUBJECT PE Year 9 Curriculum Overview

The below is intended to provide a simple overview of Year 9 PE, the scheme of learning will provide the detailed exposition including literacy, SMSC, assessment, homework, learning activities and resources

Learning Focus	Assessments
<p><b>Weeks 2–6:</b> Introduction to sport at CLHS (netball, rugby, handball)</p> <p><b>Learning enquiries:</b>  <b>Handball: Mixed</b>  <b>LE1:</b> Return to Handball- recap of key rules and techniques  <b>LE2:</b> How best to tackle and block  <b>LE3:</b> How do you block, steal and intercept the ball successfully?  <b>LE4:</b> How do you overload the defence using your goalkeeper?  <b>LE5:</b> What makes a good goalkeeper?  <b>LE6:</b> What are combination and named plays?  <b>LE7:</b> Developing my leadership skills</p> <p><b>Rugby: Boys</b>  <b>LE1:</b> Develop knowledge and accurately replicate prior learnt types of passes under pressure.  <b>LE2:</b> To develop an understanding and knowledge of how to perform a ruck and the roles of support players.  <b>LE3:</b> To be able to perform a small line out with the correct technique.  <b>LE4:</b> The attacking phase, creating an efficient ruck.  <b>LE5:</b> What are the Non playing roles in Rugby  <b>LE6:</b> Demonstrating my knowledge and skills</p> <p><b>Netball: Girls</b>  <b>LE1:</b> How can I move effectively without causing a foul in netball?  <b>LE2:</b> Why would I perform a turn in the air or a running footwork in netball?  <b>LE3:</b> Shooting with steps How do I shoot in netball with steps?  <b>LE4:</b> Defensive principles What are the defensive principles in netball?  <b>LE5:</b> Midpoint assessment  <b>LE6:</b> What are the attacking principles in netball?  <b>LE7:</b> How can I use my skills in a game to outwit opponents?</p> <p><b>Key Assessment objectives / skills:</b>            Practical performance will be assessed with application in drills and games under increasing pressure.            Developing tactics and strategies            Evaluating own and others performance.</p>	<p><b>Assessment One:</b> Pupils will receive a mid assessment in the SOL. This will be a self assessment and using the assessment wheel and formative assessment through lots of teacher questioning. Each sport has its own wheel, with the core skills that have been focussed on being assessed.</p> <p><b>Final Assessment:</b> The final lessons in the SOL are for assessment. Pupils will take part in a series of drills that use the core skills taught and then have the opportunity to play in a full sided game (if numbers allow). There is also a knowledge test. The teacher will need to complete the department tracking document.</p>
<p><b>Weeks 7-12:</b> Developing an understanding of a key sport at CLHS (Hockey, Fitness, handball).</p> <p><b>Learning enquiries:</b>  <b>Hockey: Mixed</b>  <b>LE1:</b> Mastering the fundamentals of dribbling, passing and receiving  <b>LE2:</b> To develop the ability to outwit opponents using passing and receiving in attacking strategies to beat defenders.</p>	<p><b>Assessment One:</b> Pupils will receive a mid assessment in the SOL. This will be a self assessment and using the assessment wheel and formative assessment through lots of teacher questioning. Each sport has its own wheel, with the</p>



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<p>LE3: To be able to dribble the ball with fluency, control and speed in small sided games          LE4: To use information gained on opponents to influence play and tactical ideas and use space.          LE5: To develop and demonstrate set plays. To explore, plan &amp; implement tactics and strategies from restarts/set plays.          LE6: Understanding how to coach Hockey skills and teach others.          LE7: Develop your refereeing/leadership style and apply the rules in a game situation          LE8: Analysing your own areas for development ready for assessment.</p> <p><b>Boys: Handball</b>  <b>LE1:</b> Return to Handball- recap of key rules and techniques  <b>LE2:</b> How best to tackle and block  <b>LE3:</b> How do you block, steal and intercept the ball successfully?  <b>LE4:</b> How do you overload the defence using your goalkeeper?  <b>LE5:</b> What makes a good goalkeeper?  <b>LE6:</b> What are combination and named plays?  <b>LE7:</b> Developing my leadership skills</p> <p><b>Girls: Fitness</b>          LE1: What are my current fitness levels?          LE2: How do I set up a training programme to improve my fitness?          LE3: Putting my plan into practice          LE4: Reviewing my plan</p> <p><b><u>Key Assessment objectives / skills:</u></b>          Practical performance will be assessed with application in drills and games under increasing pressure. The key skills of each sport will be taught and assessed in isolation and application.          Developing tactics and strategies          Evaluating own and others performance.</p>	<p>core skills that have been focused on being assessed.</p> <p><b>Final Assessment:</b> The final lessons in the SOL are for assessment. Pupils will take part in a series of drills that use the core skills taught and then have the opportunity to play in a full sided game (if numbers allow). There is also a knowledge test. The teacher will need to complete the department tracking document.</p>
<p><b>Weeks 13-14:</b> Developing sports skills and fitness in cross country. Having fun and developing teamwork in dodgeball.</p> <p><b><u>Learning enquiries:</u></b>  <b>1)</b> To complete cross country course to the best of my ability.</p> <p>All groups will complete cross country</p> <p><b><u>Key Assessment objectives / skills:</u></b>          Teamwork- it is a team effort as we run a house competition with it.          Individual fitness and skills.</p>	<p><b>Final Assessment:</b> The final lesson will be a race in which pupils will achieve a position and time for finishing.</p>
<p><b>Weeks 15-19:</b> Developing sports skills, techniques and tactics in football, badminton and fitness.</p> <p><b><u>Learning enquiries:</u></b>  <b>Boys group- football</b></p>	<p><b>Assessment One:</b> Pupils will receive a mid assessment in the SOL. This will be a self assessment and using the assessment wheel</p>



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<p>LE1: Different types of passes – Choosing the right one.          LE2: How to use passing to gain an advantage and influence in games.          LE3: Using turns and tricks to beat opponents under pressure.          LE4: To outwit opponents with the combination of advanced turns and dribbles making correct decisions.          LE5: To appreciate how to adjust shot selection based on opponents positioning.          LE6: To develop my leadership skills          LE7: Develop your refereeing/leadership style and apply the rules in a game situation          LE8: Analyzing your own areas for development ready for assessment.</p> <p><b>Girls group- badminton</b>          LE1: Backhand serve in doubles play          LE2: What is the Push shot?          LE3: What is the backhand drive?          LE4: What is net play?          LE5: The backhand clear          LE6: Backhand clear/games</p> <p><b>Mixed Group- fitness</b>          LE1: What are my current fitness levels?          LE2: How do I set up a training programme to improve my fitness?          LE3: Putting my plan into practice          LE4: Reviewing my plan</p> <p><b><u>Key Assessment objectives / skills:</u></b>          Practical performance will be assessed with application in drills and games under increasing pressure. The key skills of each sport will be taught and assessed in isolation and application.          Developing tactics and strategies          Evaluating own and others performance.</p>	<p>and formative assessment through lots of teacher questioning. Each sport has its own wheel, with the core skills that have been focussed on being assessed.</p> <p><b>Final Assessment:</b> The final lessons in the SOL are for assessment. Pupils will take part in a series of drills that use the core skills taught and then have the opportunity to play in a full sided game (if numbers allow). There is also a knowledge test. The teacher will need to complete the department tracking document.</p>
<p><b>Weeks 21-25:</b> Developing sports skills, techniques and tactics</p> <p><u>Learning enquiries:</u>  <b>Boys group – fitness</b>          LE1: What are my current fitness levels?          LE2: How do I set up a training programme to improve my fitness?          LE3: Putting my plan into practice          LE4: Reviewing my plan</p> <p><b>Girls group – football</b>          LE1: Different types of passes – Choosing the right one.          LE2: How to use passing to gain an advantage and influence in games.          LE3: Using turns and tricks to beat opponents under pressure.</p>	<p><b>Assessment One:</b> Pupils will receive a mid assessment in the SOL. This will be a self assessment and using the assessment wheel and formative assessment through lots of teacher questioning. Each sport has its own wheel, with the core skills that have been focussed on being assessed.</p> <p><b>Final Assessment:</b> The final lessons in the SOL are for assessment. Pupils will take part in a series of drills that use the core skills taught and then have the opportunity to play in a full sided</p>



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<p>LE4: To outwit opponents with the combination of advanced turns and dribbles making correct decisions.          LE5: To appreciate how to adjust shot selection based on opponents positioning.          LE6: To develop my leadership skills          LE7: Develop your refereeing/leadership style and apply the rules in a game situation          LE8: Analyzing your own areas for development ready for assessment.</p> <p><b>Mixed group- badminton</b>          LE1: Backhand serve in doubles play          LE2: What is the Push shot?          LE3: What is the backhand drive?          LE4: What is net play?          LE5: The backhand clear          LE6: Backhand clear/games</p> <p><b><u>Key Assessment objectives / skills:</u></b>          Practical performance will be assessed with application in drills and games under increasing pressure. The key skills of each sport will be taught and assessed in isolation and application.          Develop tactics and strategies          Evaluate own and others performances</p>	<p>game (if numbers allow). There is also a knowledge test. The teacher will need to complete the department tracking document.</p>
<p><b>Weeks 26-30:</b> Developing sports skills, techniques and tactics</p> <p><u>Learning enquiries:</u>  <b>Boys group – badminton</b>          LE1: Backhand serve in doubles play          LE2: What is the Push shot?          LE3: What is the backhand drive?          LE4: What is net play?          LE5: The backhand clear          LE6: Backhand clear/games</p> <p><b>Girls group – hockey</b>          LE1: Mastering the fundamentals of dribbling, passing and receiving          LE2: To develop the ability to outwit opponents using passing and receiving in attacking strategies to beat defenders.          LE3: To be able to dribble the ball with fluency, control and speed in small sided games          LE4: To use information gained on opponents to influence play and tactical ideas and use space.          LE5: To develop and demonstrate set plays. To explore, plan &amp; implement tactics and strategies from restarts/set plays.          LE6: Understanding how to coach Hockey skills and teach others.          LE7: Develop your refereeing/leadership style and apply the rules in a game situation</p>	<p><b>Assessment One:</b> Pupils will receive a mid assessment in the SOL. This will be a self assessment and using the assessment wheel and formative assessment through lots of teacher questioning. Each sport has its own wheel, with the core skills that have been focussed on being assessed.</p> <p><b>Final Assessment:</b> The final lessons in the SOL are for assessment. Pupils will take part in a series of drills that use the core skills taught and then have the opportunity to play in a full sided game (if numbers allow). There is also a knowledge test. The teacher will need to complete the department tracking document.</p>



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<p>LE8: Analysing your own areas for development ready for assessment.</p> <p><b>Mixed Group- football</b>          LE1: Different types of passes – Choosing the right one.          LE2: How to use passing to gain an advantage and influence in games.          LE3: Using turns and tricks to beat opponents under pressure.          LE4: To outwit opponents with the combination of advanced turns and dribbles making correct decisions.          LE5: To appreciate how to adjust shot selection based on opponents positioning.          LE6: To develop my leadership skills          LE7: Develop your refereeing/leadership style and apply the rules in a game situation          LE8: Analyzing your own areas for development ready for assessment.</p> <p><b>Key Assessment objectives / skills:</b>          Practical performance will be assessed with application in drills and games under increasing pressure. The key skills of each sport will be taught and assessed in isolation and application.          Developing tactics and strategies          Evaluating own and others performance.</p>	
<p><b>Weeks 31-38:</b> Developing sports skills, techniques and tactics          Boys- week A is athletics and B is cricket          Girls- week A is athletics and B is rounders          Mixed- week A is rounders and B is athletics</p>	<p><b>Assessment One:</b> Pupils will receive a mid assessment in the SOL. This will be a self assessment and using the assessment wheel and formative assessment through lots of teacher questioning. Each sport has its own wheel, with the core skills that have been focussed on being assessed.  <b>Final Assessment:</b> The final lessons in the SOL are for assessment. Pupils will take part in a series of drills that use the core skills taught and then have the opportunity to play in a full sided game (if numbers allow). There is also a knowledge test. The teacher will need to complete the department tracking document.</p>
<p><b>Learning enquiries:</b>  <b>All Groups- athletics</b>          LE1: Introduce running style (100/200/relay)          LE2: How do you pace the 1500m?          LE3: How do you pace the 800m?          LE4: Is the 400m a sprint or jog?          LE5: What is the Long Jump?          LE6: How do I combine a hop, step and then a jump to go further?          LE7: How do I do the high jump?          LE8: What is the discus throw?          LE9: What is the Shot Put? Is it a throw?          LE10: What is the javelin throw and how do I do it?</p> <p><b>Girls group and mixed- rounders</b>          LE1: Am I confident catching and throwing a rounders ball?          LE2: How to catch a rounders ball successfully?          LE3: How can I develop my fielding skills in rounders?          LE4: How do I bowl the ball in rounders?</p>	



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LE5: How do I bat the ball in rounders?  
LE6: How do I perform a short barrier?  
LE7: How do I outwit my opposing team using batting and fielding tactics?  
LE8: How do I referee a rounders match?

### **Boys Group- cricket**

LE1: Developing batting skills  
LE2: Developing fielding skills  
LE3: Developing bowling skills  
LE4: Competing in an indoor game  
LE5: Advanced batting  
LE6: Advanced bowling

### **Key Assessment objectives / skills:**

Practical performance will be assessed with application in drills and games under increasing pressure. The key skills of each sport will be taught and assessed in isolation and application.

Developing tactics and strategies

Evaluating own and others performance.