

PE Curriculum Map: Year 9

AUTUMN TERM

GYMNASTICS- Trio work. Floor and apparatus



- Skill development:
- Body control
 - Trio balances
 - Counter balance
 - Counter tension
 - Jumping
 - Rolling
 - Inversion
 - Sequence building



BASKETBALL

- Skill development:
- Hand eye co-ordination
 - Catching skills
 - Throwing skills
 - Attacking and defending skills
 - Lay up
 - Set shot
 - Basic rules

DANCE -The Greatest Showman



- Skill development:
- Performance - Students will learn key set phrases with influences from the film 'The Greatest Showman'
 - Choreography – Students will create solo, duet and group phrases in the style, using a prop
 - Students will develop understanding of actions and space in dance

- Skill Development
- Throwing skills
 - Catching skills
 - Spatial awareness
 - Agility
 - Basic attacking and defending

NETBALL



- Skill development:
- Hand eye co-ordination
 - Catching skills
 - Throwing skills
 - Attacking and defending skills
 - Rules and tactics



TAG RUGBY

Students will learn different training methods:

- Circuit training
- Strength and conditioning
- Boxercise
- Yoga/Pilates

SPRING TERM

VOLLEYBALL



- Skill development:
- Dribbling
 - Passing
 - Control
 - Basic attacking and defending
 - Rules and tactics



SWIMMING

- Skill development:
- Water confidence
 - Stroke development
 - Gliding
 - Floating



FITNESS

SUMMER TERM

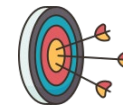
- Skill development
- Volley/set shot
 - Dig
 - Serve
 - Basic rules and tactics



FOOTBALL

- Skill development:
- Throwing
 - Catching
 - Bowling
 - Batting
 - fielding
 - Basic tactics

- Skill development:
- Track events
 - Running technique
 - Sprint
 - Middle distance
 - Sprint starts
 - Hurdles
 - Relay



OUTDOOR EDUCATION

All activities encompass:

- Health & fitness**
- Why the body changes during exercise
 - Long term effects of exercise on the body
 - How to improve fitness
- Problem solving/social skills**
- Work collaboratively
- Analysis**
- Comment and evaluate performances
 - Compare performances
 - Understand how to improve a performance

- Skill development:
- Throwing
 - Catching
 - Batting
 - Fielding
 - Wicket keeping
 - Bowling



CRICKET

ATHLETICS-Field

- Skill development
- Forehand
 - Backhand
 - Volley
 - Serve
 - Basic rules and tactics



- Skill development:
- Field events
 - Throwing –Shot put, Javelin, Discus
 - Jumping- Standing long jump, Standing triple jump

TENNIS



ROUNDERS



ATHLETICS-Track



- Students will have lessons in:
- Problem solving
 - Orienteering
 - Archery