


PE Department - Year 9:Boys

 Shirley High Curriculum Map	To further develop competence to excel in a broad range of physical activities whilst ensuring students will be physically active for sustained periods of time. Activities delivered within curriculum time give opportunities for students to play competitively. Pupils will further build upon their knowledge and understanding, with emphasis on application.					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Theme/Topic/Skill:	Theme/Topic/Skill:	Theme/Topic/Skill:	Theme/Topic/Skill:	Theme/Topic/Skill:	Theme/Topic/Skill:
	Outwitting opponents- Football	Outwitting opponents- Basketball/Handball	Net and wall – Table Tennis	Outwitting Opponents - Rugby	Performing at Maximum Levels - Athletics	Striking and fielding – Cricket/Softball
Why Now?	To develop student’s experiences from Year 8 and winter half term 1 which will enable them to further develop their ability to link and combine skills and techniques more consistently with accuracy and precision in match/game situations . To further develop their understanding of tactics and strategies to overcome opponents within outwitting team sports. Timing of the topic also allows students to observe elite level performance and supports the mission of the department to establish strong extracurricular competition	To develop student’s experiences from Year 8 and winter half term 1 which will enable them to further develop their ability to link and combine skills and techniques more consistently with accuracy and precision in match/game situations . To further develop their understanding of tactics and strategies to overcome opponents within outwitting team sports. Timing of the topic also allows students to observe elite level performance and supports the mission of the department to establish strong extracurricular competition	To introduce students to a Net and Wall sport which will build on student’s experiences from Year 8 and winter term and enable them to further develop their ability to link and combine skills and techniques more consistently with accuracy and precision in match/game situations . To further develop their understanding of tactics and strategies to overcome opponents within a Net and wall sport. Timing of the topic supports the mission of the department to establish strong extracurricular competition.	To embed student’s experiences from KS3 and winter term which will enable them to develop their ability to combine advanced skills and techniques consistently with accuracy and precision in match/game situations and to embed their understanding of tactics and strategies to overcome opponents within outwitting team sports. Timing of the topic also allows students to observe elite level performance and supports the mission of the department to establish strong extracurricular competition.	To develop student’s experiences from Year 8 which will enable them to further develop their ability to link and combine skills and techniques more consistently with accuracy and precision and to further develop their ability to use tactics and strategies which will enable students to continue to improve personal bests within the category of performing at maximum levels. Timing of the topic also allows students to observe elite level performance and supports the mission of the department to establish strong extracurricular competition.	To develop student’s experiences from Year 8 which will enable them to further develop their ability to link and combine skills and techniques more consistently with accuracy and precision in match/game situations and to further develop their understanding of tactics and strategies to overcome opponents within striking and fielding sports. Timing of the topic also allows students to observe elite level performance and supports the mission of the department to establish strong extracurricular competition.
Fundamental Concepts –	Further develop the use of skills and principles of attack and defence to plan strategies and tactics to outwit the opposition in Football. Further develop and embed the quality of skills using various techniques and evaluation to improve performance.	Further develop the use of skills and principles of attack and defence to plan strategies and tactics to outwit the opposition in Basketball/Handball. Further develop and embed the quality of skills using various techniques and evaluation to improve performance.	Introduce and develop the use of skills and principles of attack and defence to plan strategies and tactics to outwit the opposition in Table-Tennis. Develop the quality of skills using various techniques and evaluation to improve performance.	Develop the use of advanced principles of attack and defence to plan strategies and tactics to outwit the opposition in Rugby. Embed the use of advanced skills using various techniques in game situations and to use evaluation to improve performance.	Further develop performance to accurately replicate running, jumping and throwing skills and learn specific techniques for events in order to improve performances. Evaluate aspects of technique and use the information to become more technically proficient.	Further develop and embed performance to replicate and improve individual technique in batting, bowling and fielding, with the intention of outwitting opponents Evaluate aspects of technique and use the information to become more technically proficient
Students will...	-Further develop the fundamental principles of play when selecting and applying tactics for defending and attacking. -Further develop and embed the skills necessary to outwit opponents - passing, shooting, control turning and heading will be developed through advanced drills, small sided games and conditional situations. -Be able to use information gained from analysis of performance to influence and improve their own and peer performance. -Develop a deeper understanding of stretches for all major muscle groups and those specific to Football. -Further develop and embed pupils' understanding of the rules of football. -Lead 3 phase warm up specific to Football to class. -Further develop and embed understanding of the type of fitness Football players need to perform at a high level.	-Further develop the fundamental principles of play when selecting and applying tactics for defending and attacking. -Further develop and embed the skills necessary to outwit opponents - passing, footwork receiving, outwitting defenders, dribbling, and shooting will be developed through advanced drills, small sided games and conditional situations. -Be able to use information gained from analysis of performance to influence and improve their own and peer performance. -Develop a deeper understanding of stretches for all major muscle groups and those specific to Basketball/Handball. -Further develop and embed pupils' understanding of the rules of Basketball/Handball. -Lead 3 phase warm up specific to Basketball/Handball to class. -Further develop and embed understanding of the type of fitness Basketball/Handball players need to perform at a high level.	- Be introduced and develop the fundamental principles of play when selecting and applying tactics for defensive and attacking play in Table-Tennis. -Develop and embed the skills necessary to outwit opponents – serving, push shots, spin (topspin, sidespin and backspin) lobs, and smash will be developed through basic and advanced drills, small sided games and conditional situations. -Be able to use information gained from analysis of performance to influence and improve their own and peer performance. -Develop a deeper understanding of stretches for all major muscle groups and those specific to Table Tennis. -Develop and embed pupils understanding of the rules of Table Tennis -Lead 3 phase warm up specific to Table –Tennis to class. -Develop and embed understanding of the type of fitness Table- Tennis players need to perform at a high level.	-Develop an advanced understanding of the fundamental principles of play when selecting and applying tactics for defending and attacking. -Further develop advanced skills and embed the skills necessary to outwit opponents - passing, receiving, tackling and beating an opponent, Rucking will be developed through advanced drills, small sided games and conditional situations. -Be able to use information gained from analysis of performance to influence and improve their own and peer performance with more detailed constructive feedback. -Develop a deeper understanding of advanced (dynamic and static) stretches for all major muscle groups and those specific to Rugby. -Experience umpiring and refereeing opportunities to further develop and embed pupils' understanding of the rules of Rugby. -Lead 3 phase warm up specific to Rugby to class and lead warm downs. -Further develop and embed a deeper understanding of the type of fitness Rugby players need to perform at a high level with clear links to the impact of diet on performance.	-Further develop athletic skills and accurately replicate techniques to achieve an outcome. -Further develop and embed the skills of sprinting, sustained running, jumping and throwing using advanced tactics to improve performance. -Be able to use information gained from analysis of performance to influence and improve their own and peer’s performance. -Develop a deeper understanding of stretches for all major muscle groups and those specific to the different Athletic events. -Further develop and embed pupils' understanding of the rules of different athletic events. -Lead 3 phase warm up specific to the different athletic events to class -Further develop and embed understanding of the type of fitness athletes need to perform at a high level.	-Further develop their ability to use principles of play when selecting and applying tactics to produce a successful outcome. -Further develop and embed the skills necessary to outwit opponents. Batting, bowling and fielding will be further developed through advanced drills, games and conditional situations. -Will be able to use information gained from analysis of performance to influence and improve their own and peer performance -Further develop and embed knowledge of the major rules and laws involved in Cricket/softball -Develop a deeper understanding of stretches for all major muscle groups and those specific to Cricket/softball -Lead 3 phase warm up specific to Cricket to class -Further develop and embed understanding of the type of fitness to play striking and fielding sports at a high level.
Language for Life (Key terms /Vocabulary)	Passing – push; inside; outside; marking; goal side; shooting; control; offside; tactics; attacking; defending; teamwork; tactics; strategies; coaching; officiating; umpiring principles of attack and defence; keeping possession; dispossessing an opponent; covering; intercepting; marking; tackling; width and depth in attack; accuracy; variation. Component of fitness relative to Football – Speed; Power; Agility; Cardio-Vascular Endurance; Flexibility; Coordination. Components of warming up specific to Football – pulse raiser; static stretching; sports specific re-warm	Pivoting; passing (chest, bounce/shoulder) set shot; Jump shot; dive shot Drive; lay-up; double dribble; travelling; man to man; marking; rebound; footwork; block; principles of attack and Defense; width and depth in attack; finding and using space; changing direction. Components of fitness specific to Basketball/ Handball– Reaction time; Agility; Co-ordination; Balance; Speed; Power. Components of warming up specific to Basketball/ Handball – warm up; pulse raiser; static stretching; sports specific re-warm. Embed terminology/language relating to muscles and major bones of the human body. Introduce terms relating to	Forehand; backhand; drive topspin; backspin; sidespin; serve; push; lob; smash; closed grip; open grip; cross court; down the line; deep ball; short ball; flat; let; paddle; penhold; rally; receiver; volley. Components of fitness specific to Table Tennis– Reaction time; Agility; Co-ordination; Balance; Speed. Components of warming up specific to Table tennis – warm up, pulse raiser, static/ballistic stretching, sports specific re-warm, Embed terminology/language relating to muscles and major bones of the human body. Introduce terms relating to nutrition e.g. carbohydrates, fats, protein.	-Passing; tackling; side-step; rucking; try line; dead ball line; forwards; backs; attacking and defensive line tactics; strategies; coaching; officiating; umpiring. Principles of attack and defence; width and depth in attack; finding and using space; changing speed; rucking; scrum, Components of fitness relevant to Rugby – Strength; Power, Agility; Coordination; Cardio-Vascular Endurance; Balance. Components of warming up specific to Rugby – pulse raiser, static stretching sports specific re-warm. Embed terminology/language relating to muscles and major bones of the human body, and nutrition e.g. carbohydrates, fats, protein. Passive/active warm down; specificity; progression; overload;	Olympics; running; lead leg, trail leg; stride length; cadence; leg and arm action; head position; pacing; throwing; grip; stance; <i>release</i> and follow-through; angle of release; jumping; approach; run; acceleration; maintaining momentum; take off and lift; arm action; baton; bell; lap; discus; javelin; hammer; shot; hurdles; long jump; high jump; false start; lap; sprinting; middle/ long distance; marathon; relay; records; starting blocks; coaching; officiating; umpiring; tactics strategies Components of fitness relevant to Athletics – Speed; Power; Agility; Reaction Time Stamina; Balance; Flexibility. Components of warming up specific to Athletics – pulse	Stance; body position; follow-through; mechanics of movement; no ball; batting order; bowling techniques; anticipation field placements; tactics; strategies; coaching; officiating; umpiring, Component of fitness relative to Cricket – Speed; Power; Agility; Coordination; Reaction Time. Components of warming up specific to Cricket – pulse raiser; static stretching; sports specific re-warm. Embed terminology/language for muscles. Introduce major bones in the body. Embed terminology/language relating to muscles and major bones of the human body. Introduce terms relating to

	Embed terminology/language relating to muscles and major bones of the human body. Introduce terms relating to nutrition e.g. carbohydrates, fats, protein.	nutrition e.g. carbohydrates, fats, protein.		reversibility; tedium; training methods – continuous; HILT; SAQ; fartlek; and plyometric.	raiser, static stretching sports specific re-warm. Embed terminology/language relating to muscles and major bones of the human body. Introduce terms relating to nutrition e.g. carbohydrates, fats, protein.	nutrition e.g. carbohydrates, fats, protein
Extended writing Opportunities	n/a	n/a	n/a	N/A	n/a	n/a
Maths Across the Curriculum	Angles, percentages/ratios/averages	Scoring (free throws, inside and outside 3 point line) Angles, percentages/ratios/averages	Scoring, Angles, percentages, averages	Scoring (tries, drop kicks, conversions) Angles, percentages	measuring distances/time splits/WRs collating data & comparing recordings against other bests)	Scoring, Angles, percentages/ratios/averages
Links to careers/aspirations	Direct students to career pathways within the sports coaching and sports development sector.	Direct students to career pathways within personal Training and sports centre management	Direct students to career pathways within education – PE teacher, college and university sports lecturer	Direct students to pathways within sports nutrition	Direct students to career pathways in sport therapies – physiotherapy, injury rehab and sports psychology	Direct students to career pathways in sports journalism, sports photography and advertising
Cultural Capital	Join clubs in the community; watch live/recorded matches. Promote benefits of teamwork; building positive relationships; etiquette and sportsmanship.	Join clubs in the community; watch live/recorded matches. Promote benefits of teamwork; building positive relationships; etiquette and sportsmanship.	Join clubs in the community; watch live/recorded matches. Promote benefits of teamwork; building positive relationships; etiquette and sportsmanship.	Join clubs in the community; watch live/recorded matches. Promote benefits of teamwork; building positive relationship; etiquette and sportsmanship.	Join clubs in the community; watch live/recorded matches. Promote benefits of teamwork; building positive relationships; etiquette and sportsmanship.	Join clubs in the community; watch live/recorded matches. Promote benefits of teamwork; building positive relationships; etiquette and sportsmanship.
Practical Application of Skills	Demonstrate skills and techniques learnt in drills and game situations.	Demonstrate skills and techniques learnt in drills and game situations.	Demonstrate skills and techniques learnt in drills and game situations.	Demonstrate skills and techniques learnt in drills and game situations.	Demonstrate skills and techniques learnt in drills and game situations.	Demonstrate skills and techniques learnt in drills and game situations.